



Risk assessment form (H&S)

Name of assessor(s)	Callum McMillan	Group / Establishment:	SSE Outdoors
Date	January 2026		

What is the workplace / activity:	How was the assessment done?	Next review date:
High Ropes Course is a purpose-built activity base and is inspected annually by an ERCA approved inspector. Staff training is carried out by senior staff/managers with appropriate NGB qualification and experience under supervision / instruction of the technical advisor (MIC).	On-site assessment by Senior Instructor (RCI) and Lead Instructor (ERCA Instructor) & technical advisor, Pete Goldsmith (MIC)	January 2027
		Is the assessment 'generic' or specific to the situation?

Who could be harmed, and how?	What is already being done to control the risks?	*Risk Rating Severity x Likelihood			What further action is recommended to reduce risks further?	Action by whom?	Date action due	Date action done	Residual Risk Rating Severity x Likelihood		
		S	L	S x L					S	L	S x L
All participants – Clothing/ hair entrapment & jewellery.	<ul style="list-style-type: none"> COP guidance regarding clothing to be followed. Hair to be tied back and/or tucked out of the way throughout session. Any jewellery to be removed at start of session. 	2	2	4							

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All participants – Slips, trips, falls & minor injuries	<ul style="list-style-type: none"> Walking always expected. Group to be always kept under control. Briefed to take care moving around area. All staff to have first aid kit on session. 	2	2	4							
All participants – Extreme weather.	<ul style="list-style-type: none"> Check weather prior to start of session/day Cease activity if lightening is within 2 miles (1 mile per second from thunder to lightening) Alternative activity identified if winds are high. (yellow warning or higher) Regular shade and hydration break during summer period. 	2	1	2							
All participants – being hit by falling objects	<ul style="list-style-type: none"> Helmets to be worn by all throughout the session. Safety brief given to all at the start of the session Continuous monitoring of whole group during the entire session Participants reminded to remove unwanted layers, tie shoes correctly, remove objects from pockets. 	2	1	2							

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<p>All participants – Safety equipment failure/ damage.</p>	<ul style="list-style-type: none"> • Only centre owned equipment to be used. • Manufacturers guidelines for replacement, storage of equipment to be followed. • Equipment checks to be carried out in line with equipment management procedure. • Instructor to check equipment for signs of wear and damage each session. • Report any damaged equipment, and place in the 'de-com bin' in core stores with corresponding defect form filled out. • Assessed instructor to oversee the High ropes operation and any of its associated safety equipment. • Helmets and Harnesses to be checked by instructor before each turn. • Check, check systems to encourage multiple responsibility for safety checks and eliminate instructor error. • Regular equipment inspections to be carried out and recorded • Working as trained in accordance with COP's • Ladder appropriately attached to pole and checked before each climber. 	5	1	5							
<p>All participants – Falls/ entrapment due to instructor error.</p>	<ul style="list-style-type: none"> • Approved systems of belaying to be used as recommended by the NGB & centre training procedures. 	5	1	5							

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	<ul style="list-style-type: none"> Instructor must be in control of lowering. participants: this can include the instructor tailing the rope and allowing participants to operate the belay device. Or instructor to operate belay device. Check systems in place to encourage multiple checks of all PPE. Check all metal work before lowering. Staff regularly refreshed on rescues methods for any entrapments. 										
All Participants – Psychological scaring	<ul style="list-style-type: none"> Challenge by choice model Every participant can change their mind about having ago. Instructor training regarding soft skills, communication, and facilitation Clear instructions and demonstrations by the instructor where needed. Start off with small targets and increase to suit individual’s progressions. 	4	2	8							

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	<ul style="list-style-type: none"> Celebrate all success and achievements 										
All participants – participant getting stuck/ refusing to move	<ul style="list-style-type: none"> Encourage participant down if possible If further assistance is needed, then send up the accompanying adult or a sensible friend. If further assistance is still required, then utilizing other methods can be used in line with NGB & centre training procedures 	3	2	6							
All participants – poor behaviour	<ul style="list-style-type: none"> Instructor training and regular updates. Safety brief and expectations given to all participants. Early intervention. Reinforcement of ground rules and expectations throughout the session. Abandonment of session should instructor deem it 	4	2	8							

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	unsafe due to poor behaviour. <ul style="list-style-type: none"> Utilise accompanying adults to maintain good group control. 										

* Please refer to the risk rating matrix below. Further guidance on how to calculate a risk rating from the matrix is on the [Risk Assessment policy HS 004](#).

Please now pass this assessment to your manager for approval					
Name of assessor's manager:	LHoather	Date:	14/1/26	Manager's comments	
Signature:	LHoather				