



Risk assessment form (H&S)

Name of assessor(s)	Lawrence Wilson	Group / Establishment:	SSE Outdoors Charterhouse
Date	18/2/26		
Review date	Annually		

What is the workplace / activity / equipment / conditions (delete as appropriate) being assessed:	How was the assessment done? e.g. desktop exercise, site visit, in consultation with employees, managers, safety representatives?	Next review date:
		December 2025
LOW ROPES COURSE is a purpose-built activity on site at Charterhouse. It is made up of a number of elements designed to promote team cohesion, trust and confidence.	Completed by the Senior Instructor in consultation with other staff	Mobile reception / nearest landline
		Variable reception Nearest landline Charter House office

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
		S	L	S x L				
All participants – getting lost, going with an unknown person	<ul style="list-style-type: none"> Always maintain good group control Brief other staff of your expectations – including monitoring the group and doing regular headcounts Regular headcounts of all participants by instructor Ensure participants know where the toilets are and how to access the building. Instructor to remain vigilant and aware of surroundings 	5	1	5				
All participants – contamination / poisoning	<ul style="list-style-type: none"> All participants to wash hands at the end of session Continual reminders and monitoring throughout the session All participants, including instructors, to leave 	4	1	4				

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	dead animals and remove after session.							
All participants – Slips, trips and falls	<ul style="list-style-type: none"> Check participants footwear is appropriate for the activity. All participants briefed to ensure feet are placed in a manner suitable to the element Participants briefed to step off the element, where possible, if they feel like they are about to fall Instructor to ensure spotting is sufficient for the group and task being undertaken 'Spotters' to be matched according to their size where possible 	4	1	4				
All participants – falls from height	<ul style="list-style-type: none"> Spotters to be used where appropriate Helmets to be fitted and checked Participants briefed to step off the element, where possible, if they feel like they are about to fall 	4	2	8				
All participants – Contortion	<ul style="list-style-type: none"> All participants briefed to ensure feet are placed in a manner suitable to the element Wrapping of rope around hands to be strictly disallowed Constant monitoring and regular reminders 	4	1	4				
All participants – Entrapment	<ul style="list-style-type: none"> Instructor to continually monitor hand and foot placements Encourage peer monitoring (spotting) 	4	1	4				
All participants – Panic, fear of falling	<ul style="list-style-type: none"> Brief participants clearly and give time for the group to practice getting on and off the equipment safely Encourage physical contact between participants 	3	2	6				

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	when needed, by means of a hand on a shoulder or back <ul style="list-style-type: none"> Instructor to monitor the number of participants on each element in line with their training and the groups' ability Continual monitoring and encouragement of participants 							
All participants – Bumping into objects	<ul style="list-style-type: none"> Participants to wear PPE (helmets) fitted and checked by instructor Progress around the course to be with care and at a slow speed Close supervision and group control by instructor at all times Continual reminders of safety briefing. Instructor must not use time limits as a difficulty progression 	3	2	6				

Please now pass this assessment to your manager for approval

Name of assessor:	Lawrence Wilson	Date:	18/2/26	Manager's comments	
Signature:	Lawrence Wilson				