

<b>Assessment of:</b>	The Labour of Hercules – Roman	<b>Location:</b>	Mount Cook
<b>Completed by:</b>	Molly Ojari	<b>Date of assessment:</b>	January 2024
<b>Reviewed by:</b>	James Clarke	<b>Next Review Date:</b>	February 2026
<b>Ratio:</b>	1:24 Max and Min 1 Group Leader	<b>Staff Competencies</b>	Must have suitable group management experience. Inducted and signed off for session.
<b>Activities covered:</b>	Low level team building activities.		

<b>Hazard</b> <i>(something with potential to cause harm)</i>	<b>Risk</b> <i>(How could hazard cause harm and to whom)</i>	<b>Control Measures</b> <i>(What is required to reduce risk)</i>	<b>In place</b> <i>(Y/N)</i>	<b>Action Required</b>	<b>Action Owner</b>	<b>Residual Risk</b> <i>(low / medium / high)</i>
Rough edges on equipment/equipment failure	<b>To Participants and Staff:</b> Cuts, splinters, bruises	Equipment checked before sessions. Clear instructor brief. Crates only picked up by handles. Any damaged equipment quarantined.	Y	Clear briefing. Equipment checks before sessions.	Activity Staff	LOW
Incorrect use of equipment	<b>To Participants and Staff:</b> Entanglement, cuts, bruises, sprains, twists, falls, head injury, eye injury.	Clear briefing by instructor on correct use. Leader supervising, preventing horse play.	Y	Clear briefing	Activity Staff	LOW
Falls from Crates/Stumps	<b>To Participants:</b> Breaks, Twists, Falls, Sprains	Clear brief from instructor. Activity site level. Staff trained to recognise the acceptable level of difficulty for a group.	Y	Clear briefing from instructor.	Activity Staff	LOW

**Low** = Slight injury or minor ill health / It is highly unlikely that the harm would occur

**Medium** = Serious Injuries or significant health effects / There is a likelihood that harm may occur;

**High** = Death, major injury (RIDDOR) or irreversible health damage / There is a high likelihood that harm will occur.

Blind Folded activities	<b>To Participants:</b> Breaks, Twists, Falls, Sprains  Eye infections	Pre-course checks for trip hazards and stable ground. Instructors supervising closely, preventing horse play. Challenge by choice is observed.	Y	Clear briefing from instructor. Blindfolds kept clean.	Activity Staff	LOW
Moving through woodland	<b>To Participants and Staff:</b> Slips, trips and falls, Eye damage, Lost child	Full safety brief activity staff, Buddy system for students, regular head counts, boundaries, no running Head torches in low light, No climbing.	Y	Clear safety briefing, Head Counts	Activity Staff	LOW
Slips, Trips and Falls	<b>To Participants and Staff:</b> Breaks, Twists, Falls, Sprains	Close leader supervision during activities and rest periods.  Suitable footwear will be worn by the participants.  Activity site checked by Mount Cook staff before all sessions and hazards cleared	Y	Briefing by activity instructor	Activity Staff and Participants	LOW
Weather Conditions	<b>To Participants and Staff:</b> Exposure to Heat, Cold, Wind and Rain.	Correct clothing, shelter, sunscreen, evacuation plan for Thunder and Lightning.	Y	Adequate clothing for activity. Monitoring of weather	Activity Staff	LOW
Heavy/ Awkward lifting	<b>To Participants and Staff:</b> Manual handling injury, lifting and twisting, crushing injuries,	Full safety brief from activity staff, Instruction on correct lifting techniques, participant ratios for shared lifting suitable to ability of group.	Y	Instructor instructions on correct lifting and equipment use technique.	Activity Staff	LOW

**Low** = Slight injury or minor ill health / It is highly unlikely that the harm would occur

**Medium** = Serious Injuries or significant health effects / There is a likelihood that harm may occur;

**High** = Death, major injury (RIDDOR) or irreversible health damage / There is a high likelihood that harm will occur.

	breaks, concussion, head injury, eye injury.					
Poor light/visbaility	<b>To Participants and Staff:</b> Increased risk of slips trips and fall. Groups becoming separated from one another.	Full safety briefing and clear definite boundaries. Areas where activities are present will be lit, either with portable lighting or exterior fixed lights.	Y	Portable lighting charged prior to session and placed in most effective locations. Exterior fixed lighting turned on were required.	Activity Staff	LOW
Vehicles and Machinery	<b>To Participants and Staff:</b> Contact with Machinery, unsupervised machinery	Safety Brief at start of activity outlining potential hazards of car onsite. No vehicles permitted onsite (deliveries exempt) Speed limited onsite and intercom system prevents traffic through site.	Y	Clear staff briefing and boundaries.	Activity Staff	
Animal/Insect habitats	<b>To Participants and Staff:</b> Disturbing off habitats, Lime disease (Ticks) potential anaphylaxis	Pre-course checks for insect nests, any insect nests in or very close to camp to be removed or destroyed	Y	First Aid kit, Epi-pens kept close for those with allergies and staff trained on how to use them	Participants and Mount Cook staff	LOW
Lack of Boundaries	<b>To Participants:</b> Missing participants. Unwanted public access	Buddy systems and regular head-checks Brief on what to do if a student becomes lost. Clear markings of boundaries, fences and gates	Y	Boundaries in place. Monitoring of boundaries	Mount Cook staff	LOW

**Low** = Slight injury or minor ill health / It is highly unlikely that the harm would occur

**Medium** = Serious Injuries or significant health effects / There is a likelihood that harm may occur;

**High** = Death, major injury (RIDDOR) or irreversible health damage / There is a high likelihood that harm will occur.

<p>Uneven Ground / Animal holes</p>	<p><b>To Participants and Staff:</b> Breaks, Twists, Falls, Sprains</p>	<p>Animal holes identified, and filled in where necessary Initial safety brief to highlight danger areas. No running rules enforced in woods Supervision at all times.</p>	<p>Y</p>	<p>Filling in any dangerous holes, removal of any dangerous stumps and roots</p>	<p>Mount Cook Staff</p>	<p>LOW</p>
---	---	--	----------	--	-------------------------	------------

**Risk Assessment Checked by H&S or Line manager.**

Name: Steve Turner CEO

Reviewed on: 5/2/2025



**Low** = Slight injury or minor ill health / It is highly unlikely that the harm would occur

**Medium** = Serious Injuries or significant health effects / There is a likelihood that harm may occur;

**High** = Death, major injury (RIDDOR) or irreversible health damage / There is a high likelihood that harm will occur.