



Name of activity	Initiative Exercises	Reference number	
Location of activity	Mobile and static locations on site	Ratio for activity	1:12
Level of qualification needed to lead	In house trained	Level of qualification needed to second	In house trained
This document must be read in conjunction with	Activity Standard Operational Procedures		
Key: L – Likelihood, S – Severity, R – Risk		Risk Score 1- 2 = Low 3- 4 = Medium 5- 6 = High	

Note – Lakeside runs a multitude of initiative exercises. Generic hazards have been identified and need to be applied to individual settings. This requires a dynamic assessment from staff. Staff need to assess; the group, individuals, the activity and the environment. If in any doubt staff should seek advice from the health and safety team. Specific risk assessments for spider’s web and up and over are detailed below and should be read with the generic initiatives risk assessment.

Activity Description	Foreseeable Hazard	Who might be harmed and how?	L	S	R	Control measures	L	S	R
Manual handling	Muscular skeletal injury	Participants by lifting and twisting bulky or heavy objects	2	3	5	Staff brief in good manual handling techniques	1	3	4
		Participants by being lifted by other people	2	3	5	Participants empowered to opt in and out of activity Staff ensure at least 4 people used to lift people	1	3	4
Moving around activity sites	Slips and trips	Participants by running	3	3	6	Choose locations with reduced slip and trip hazards.	1	3	4
						Complete pre-use check of site to remove or identify hazards to group			



Activity Description	Foreseeable Hazard	Who might be harmed and how?	L	S	R	Control measures	L	S	R
Being blindfolded	Slip and trip	Participants falling by not being able to see	2	2	4	Group control and activity management by staff	1	2	3
Cantilevers	Impact from planks	Planks may swing up and impact participant	2	2	4	Staff control when using planks helmets worn as needed	1	2	3
Moving across planks	Slip and trip	Planks may be wet or muddy	2	2	4	Helmets available for use if needed.	1	2	3
						Staff spot participants			
Participating in activity	Structure failure	All nearby as structure collapses	2	2	4	Pre – use check completed	1	2	3
	Trapping fingers	Participants by planks etc being dropped on them	2	2	4	Staff brief of hazard and remain vigilant	1	2	3
	Being at height	Participants may fall	2	2	4	Staff spot participants	1	2	3



Spiders web

Activity Description	Foreseeable Hazard	Who might be harmed and how?	L	S	R	Control measures	L	S	R
Passing through web	Impact with ground by diving	Participants	2	2	4	No diving through web	1	2	3
	Impact with ground by being dropped	Participants	2	2	4	Staff control lifting	1	2	3
	Muscular skeletal injury	Participants by lifting other people	2	2	4	Multiple people lift	1	2	3

Up and Over

Activity Description	Foreseeable Hazard	Who might be harmed and how?	L	S	R	Control measures	L	S	R
Crossing obstacle	Being at height	Participants by impacting ground	2	3	5	Staff to spot participants	1	2	3
						No standing on highest bar			
						Wood chip used to provide soft floor covering			
Climbing on barrel	Falling from barrel	Participants by impacting ground	2	2	4	Barrel stabilised by other participants when climbed on	1	2	3
Use of sling	Twisting limb into sling	Participant may fall and catch limb in sling	2	2	4	Participants not to loop limbs through sling	1	2	3



National Centre, Lakeside

Activity Risk Assessment - Initiatives

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Action required	Date for completion	Completed by (signature)
Written by: Mike Margeson	Date November 2013	Signature Mike Margeson
Reviewed by: Mike Margeson	Date December 2016	Signature Mike Margeson
Reviewed by: Mike Margeson	Date December 2017	Signature Mike Margeson
Reviewed by: Mike Margeson	Date December 2018	Signature Mike Margeson