

Health & Safety Risk Assessment for Low Ropes.

General Precautions

1. Prior to any activity on the Low Ropes Course the Field Studies Tutor (FST) must use the 'Tutors H&S Inspection' sheet to systematically conduct a check based upon information given on this sheet.
2. FST should remove any sticks or twigs that may have fallen onto the activity area, prior to the activity taking place.
3. FST must check that there is sufficient coverage of chippings under and around activity areas to soften any possible falls.
4. The maximum number of participants should be no more than 35, split into two groups. Each person should then act as a 'spotter' for someone in the other group.
5. The FST and VSA should remain vigilant throughout overseeing the whole activity, they should not act as a 'spotter' unless the FST considers it appropriate in light of the numbers of supervising staff.
6. General warnings should be issued at the beginning of the session. Entrapment of fingers and hands in vice and vice like parts of the equipment, fall impacts against self and others, suitable clothing covering legs, tied shoes and slips/falls in adverse weather conditions.
7. The gate to the activity area should be locked at all times unless a member of Hooke Court staff is supervising any activity. The FST is responsible for the locking of the gate after each activity.
8. The FST should return and complete, sign and date the Low Ropes Visual Check Records Book.

Routine Visual Check Inspection:

To be carried out before every opening

The routine visual check is primarily used to identify any obvious signs of signs of deterioration since the last use and as set out in EN15567-2. As a minimum, they should inspect the course for the following:

- General: All components and parts of the structure will be checked for signs of damage and wear.
- Structural integrity of the course and safety system(s): Is the course stable and fixed to the ground/structures as intended. Is the safety system(s) as per the manufactures guidelines for connection to the structure and is the wire (if applicable) secure and anchored correctly.
- Cleanliness of the site: Is the site and the course clean, tidy and safe to operate, for example leaf litter on steps or ropes in the way of walking routes.
- Vandalism: Does the course show any signs of unauthorised entry (or part off) and has the course been vandalised, damaged or tampered with.
- Storm damage: Does the course show any signs of damage caused by surrounding trees (or part of) that have fallen onto it? Extra checks should be carried out if the course/element is tree based. If there has been an electrical storm has any lightning struck the course.
- Ground cover: The ground covering should thoroughly inspected for foreign objects that may cause injury to participants. If any objects are found, they are to be removed before the course can be used.
- Sharpe edges: Any sharp edges should be identified and removed before the ropes course is used.
- Missing components: A check should be made to confirm that there is nothing missing or removed from the course prior to opening.
- Excessive wear (of moving parts): A ropes course will show wear over time and the amount will be dependant on how much the course is used and how well its looked after but has there been excessive wear over a short period of time.
- Cable tension: Make sure the cables have not stretched over time.

LOW ROPES COURSE

Hazard/Risk	Who could be affected by hazard.	Likelihood of being affected	Worst consequence of being affected	Risk Level	How hazard/risk is mitigated	Residual risk level
Balance Beam: Individual slips or falls from log onto other causing injury to self or other.	FST, VSA, VC	5	10	50	<ul style="list-style-type: none"> FST to advise VSA/VC to watch carefully and be alert to the danger of others on the log. FST/VSA to ensure that VC wait in an orderly line at start of the obstacle. 'Spotter' waits with partner and 'spots' partner to support in event of slip or fall. 	LOW
Koala Crawl: Slip or fall from rope onto the ground or other person.	FST, VSA VC	2	10	20	<ul style="list-style-type: none"> FST to ensure that no hazard exists within fall radius, 2 metres either side of the bridge. FST to ensure that VSA or FST directly supervises the piece of equipment at all times. Supervisors to ensure that group members either hang below or crawl along the top of the rope. Supervisors should ensure that only one person at a time uses the rope at any one time. Support may be given by 'spotters' or supervising staff but individuals should not be carried. 	LOW
Swinging Tyres: Slip or fall from tires onto ground or other person.	FST, VSA, VC	2	40	80	<ul style="list-style-type: none"> FST to ensure that VSA or FST directly supervises the piece of equipment at all times. Support may be given by 'spotters' or supervising staff but individuals should not be carried. Supervisor to ensure that only one person uses one tire at any one time. 	LOW
Confidence Wire: Fall or slip from wire causing injury to self or other.	FST, VSA, VC	8	5	40	<ul style="list-style-type: none"> FST to ensure that no hazard exists within fall radius, 2 metres either side of the bridge. FST to instruct that 'spotter' should be used to help with balance crossing the gap if necessary. 	LOW
Burma Bridge: Slip or fall from bridge causing injury to self or other, including rope burn.	FST VSA VC	2	10	20	<ul style="list-style-type: none"> FST to instruct group not to swing or bounce the bridge at any time. FST to instruct group not no more than 3 people should be on the bridge at anytime. FST/VSA to ensure that suitable clothing be worn covering legs. 	LOW

<p>Rope Swing: Collision with other or stationary object causing injury to self or other.</p>	<p>FST, VSA VC</p>	<p>2</p>	<p>40</p>	<p>80</p>	<ul style="list-style-type: none"> • FST to ensure that no hazard exists within fall radius, 2 metres either side of the bridge. • FST to directly supervise all participants as they swing across the 'gap'. Positioning should enable FST to prevent collision with any other obstacle. • FST to ensure that participants have cleared landing area before another VC attempts swing. 	<p>LOW</p>
<p>Mohawk Walk: Fall onto or slip from wire causing injury to self or other.</p>	<p>FST, VSA, VC</p>	<p>2</p>	<p>40</p>	<p>80</p>	<ul style="list-style-type: none"> • FST to ensure that only 4 VSA/VC are using the piece of equipment at any time. This may reduce in adverse weather. • In adverse weather conditions FST must stress the risk of slipping on the wires advising an up right posture and taking small steps. • FST to ensure VSA/VC are told to place their feet across the wires. • FST to ensure that the hanging vines are not used as rope swings. • FST must ensure the VSA/VC do not bounce the foot wire for any reason. • Extra emphasis must be put on the 'spotter' to maintain close supervision of their partner at all times whilst on the wires and support where necessary, not carry. 	<p>LOW</p>
<p>Wild Woosey: Fall onto or slip from wire causing injury to self or other.</p>	<p>FST VSA VC</p>	<p>2</p>	<p>40</p>	<p>80</p>	<ul style="list-style-type: none"> • In adverse weather conditions FST must stress the risk of slipping on the wires advising an up right posture and taking small steps. • Extra emphasis must be put on the 'spotter' to maintain close supervision of their partner at all times whilst on the wires and support where necessary, not carry. • Spotters should start inside and outside the wires until about halfway when spotting should all be done from the inside. • FST to ensure no objects or hazards remain under the equipment area and 2m either side. • FST to ensure that only 2 VSA/VC use the equipment at one time. • FST to ensure VSA/VC are told to place their feet across the wires. 	<p>LOW</p>
<p>All Aboard Swing: Collision Swing into other person or stationary object causing injury to self or other.</p>	<p>FST VSA, VC</p>	<p>2</p>	<p>40</p>	<p>80</p>	<ul style="list-style-type: none"> • FST to ensure that VSA or FST directly supervises the piece of equipment at all times. • FST to ensure that only one person uses the swing at any time. • VSA/VC on the receiving platform should only assist team above the waist and below the neck • Spotter to be instructed to slow or stop swing should it occur. • FST to ensure that retaining ropes on tires are secure and effective 	<p>LOW</p>

					<p>to reduce swinging.</p> <ul style="list-style-type: none"> • VSA/VC should tuck their feet under them and bend their knees to avoid impacting team members on the platforms. 	
<p>Bosun's Chair: Collision Swing into other person or stationary object causing injury to self or other.</p>	<p>FST VSA, VC</p>	<p>2</p>	<p>40</p>	<p>80</p>	<ul style="list-style-type: none"> • FST to ensure that VSA or FST directly supervises the piece of equipment at all times. • Spotter to be instructed to slow or stop swing should it occur. • FST to ensure that retaining ropes on tires are secure and effective to reduce swinging. • FST to ensure that the padding is secure around the tree at the end of the swing to soften any possible impact. 	<p>LOW</p>

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