

# The Christian Adventure Centre



## Inspiring Growth Through Adventure

Risk Assessments & Safety Procedures

2010/2011

<b>Activity</b>	<b>Orienteering</b>
Location	Just in and outside the grounds of the Centre, Viney Hill, Wenchford (bottom of the hill from Viney Hill), Christchurch, Cinderford.
Guidebook/Further Information	
Brief Description	All participants are encouraged to work in groups, help each other and find the relevant map references.
Main Priority Hazards	Getting lost; Ankle injuries due to wet, slippery or muddy paths.
Nearest Telephone	Viney Hill – In the Centre Wenchford – NGR 094 634 Christchurch – NGR 155 565 Cinderford – NGR 134 663
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Getting lost	Each group given instruction on map-reading and whistle and advised if totally lost to follow a forest track until reaching a road.
Ankle injuries due to wet, slippery or muddy path	Ensure all participants are wearing sensible footwear with a good tread.
Meeting walkers, horse riders and mountain bikers	Participants advised to treat these with respect and if necessary to step from path until passed.
Dogs	Participants warned to neither approach nor run from dogs.
Shoe laces not properly fastened	Check all footwear before starting.

<b>Activity</b>	<b>Caving</b>
Location	Symonds Yat (Pinnacle cave, C2, C3-main chamber only) Mendip caves (Barrington area), Goatchurch, Sidcot, Avelines, Pierres, East Twin, Swindons Hole (to top of 20ft pitch)
Guidebook/Further Information	Caves of South Wales, Tim Stratford; Caves of the South Eastern Outcrop, Tony Oldham.
Brief Description	All of the caves to be visited are horizontal in nature with no major hazards or obstacles to overcome. Most of the caves lie at the bottom of the main climbing area of the Symonds Yat area. The caves are approached from the main Symonds Yat car park. This risk assessment covers all of the caves to be visited with particular emphasis on Pinnacle cave.
Approach	The recommended approach to the caves is via Introductory Rocks, following the bottom of the cliff towards the Pinnacle.
Main Priority Hazards	Rocks falling from above during the approach to the cave; Route to the cave can be hazardous due to wet slippery rock/wood.
Nearest Telephone	Symonds Yat NGR 565 156 – Yat Rock RSPB car park.
Nearest Hospital	Lydney Casualty Department Monmouth

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Rocks falling from above during the approach to the cave	All participants to wear approved caving helmets from the car park until they return from the caving session.
Climbers on the rock, rope on the ground	The instructor to communicate with the climbers for the best moment for the group to pass (e.g. next runner). Participants to avoid touching any of the climbers equipment.
Slippery approach due to current weather conditions	Ensure all participants are wearing walking/wellington boots with a good tread.
Slippery approach due to current weather conditions	Where necessary rig a handline or assisted handline.
Group splitting up and getting lost	Prior to entering the cave give briefing with regards to the group management. Give simple instructions on the route through the cave.
Individuals getting 'stuck' within the cave	Tailor the trip to suit the needs of the largest individual of the group.
Shoe laces not properly fastened	Check all footwear before leaving car park.

<b>Activity</b>	<b>Climbing 1</b>
Location	Symonds Yat: Blue Spot other areas along the crag & Climbing Wall at Centre
Guidebook/Further Information	Symonds Yat, Climbers Club.
Brief Description	All of the climbs are rigged as top ropes with the belay at the bottom. All of the climbs will be treated as single pitch climbs, where the participants are actively encouraged to help belay each other.
Approach	The recommended approach to the climbs at the Blue Spot is to follow the forest track towards the viewpoint. Follow the gully to the bottom of the cliff.
Main Priority Hazards	Rocks falling from above during the session and walk in; Route to the climb can be hazardous due to wet slippery rocks/wood.
Nearest Telephone	NGR 565 156 – Yat Rock RSPB car park.
Nearest Hospital	Lydney Casualty Department Monmouth

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Rocks falling from the cliff during the session and approach	All participants to wear UIAA climbing helmets from the car park until they return from the climbing session.
Meeting climbers on the rock, rope on the ground etc.	The instructor to communicate with the climbers for the best moment to pass (e.g. next runner). Participants to avoid touching any of the climbers equipment.
Slippery approach due to weather conditions	Ensure all participants are wearing sensible footwear with a good tread.
Harness buckle and knot may not be done up correctly	Check each participant's harness; check the tying in knot, which will be a figure of eight knot with a stopper.
Hair and jewellery may get caught in equipment, cracks etc.	People with long hair must have it tied back and tucked away, jewellery and watches etc., must be removed before the session commences.
Participants may not belay correctly, potentially causing injury to the climber	Give thorough briefing on how to belay correctly. Have two participants belaying each climber, one to act as a backstop.
Participants may freeze on ledges, not being able to proceed or return	All of the climbs should be rigged so that the route followed should be free of obstructions.
Shoe laces not properly fastened	Check all footwear before leaving car park.

<b>Activity</b>	<b>Climbing 2</b>
Location	Symonds Yat: Introductory rocks
Guidebook/Info.	Symonds Yat, Climbers Club (currently out of print).
Brief Description	All of the climbs are rigged as top ropes with the belay at the bottom. All of the climbs will be treated as single pitch climbs, where the participants are actively encouraged to help belay each other.
Approach	The recommended approach to the climbs at Introductory Rocks & Waterpipe buttness is via the café.
Main Priority Hazards	Rocks falling from above during the session and walk in; Route to the climb can be hazardous due to wet slippery rocks/wood.
Nearest Telephone	NGR 565 156 Yat Rock RSPB car park.
Nearest Hospital	Lydney Casualty Department Monmouth

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Rocks falling from the cliff during the session and approach	All participants to wear UIAA climbing helmets from the car park until they return from the climbing session.
Meeting climbers on the rock, rope on the ground etc.	The instructor to communicate with the climbers for the best moment to pass (e.g. next runner). Participants to avoid touching any of the climbers equipment.
Slippery approach due to weather conditions	Ensure all participants are wearing sensible footwear with a good tread. Where necessary rig a handline or assisted handline, especially on the approach to Waterpipe Buttness.
Harness buckle and knot may not be done up correctly	Check each participant's harness; check the tying in knot, which will be a figure of eight knot with a stopper.
Hair and jewellery may get caught in equipment, cracks etc.	People with long hair must have it tied back and tucked away, jewellery and watches etc., must be removed before the session commences.
Participants may not belay correctly, potentially causing injury to the climber	Give thorough briefing on how to belay correctly. Have two participants belaying each climber, one to act as a backstop.
Participants may freeze on ledges, not being able to proceed or return	All of the climbs should be rigged so that the route followed should be free of obstructions.
Shoe laces not properly fastened	Check all footwear before leaving car park.

<b>Activity</b>	<b>Climbing 3</b>
Location	Peak District
Guidebook/Info.	Peak Climbs (Froggatt) and Yorkshire and the Peak District - Limestone (Jackson)
Brief Description	All of the climbs are rigged as top ropes with the belay at the bottom. All of the climbs will be treated as single pitch climbs, where the participants are actively encouraged to help belay each other.
Approach	The recommended approach to the climbs will be from the car park, as per either guidebook.
Main Priority Hazards	Rocks falling from above during the session and walk in; Route to the climb can be hazardous due to wet slippery rocks/wood.
Nearest Telephone	Mobile phones to be used
Nearest Hospital	

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Rocks falling from the cliff during the session and approach	All participants to wear UIAA climbing helmets from the car park until they return from the climbing session.
Meeting climbers on the rock, rope on the ground etc.	The instructor to communicate with the climbers for the best moment to pass (e.g. next runner). Participants to avoid touching any of the climbers equipment.
Slippery approach due to weather conditions	Ensure all participants are wearing sensible footwear with a good tread. Where necessary rig a handline or assisted handline
Harness buckle and knot may not be done up correctly	Check each participant's harness; check the tying in knot, which will be a figure of eight knot with a stopper.
Hair and jewellery may get caught in equipment, cracks etc.	People with long hair must have it tied back and tucked away, jewellery and watches etc., must be removed before the session commences.
Participants may not belay correctly, potentially causing injury to the climber	Give thorough briefing on how to belay correctly. Have two participants belaying each climber, one to act as a backstop.
Participants may freeze on ledges, not being able to proceed or return	All of the climbs should be rigged so that the route followed should be free of obstructions.
Shoe laces not properly fastened	Check all footwear before leaving car park.

<b>Activity</b>	<b>Abseil 1</b>
Location	Symonds Yat: Far South Bay
Guidebook/Further Information	Symonds Yat, Climbers Club (currently out of print).
Brief Description	The abseil takes place at Far South where there are a number of abseil possibilities.
Approach	Follow the forest track east, down Blue Spot and then up the gully on the other side to the top of Far South.
Main Priority Hazards	Rocks falling from above during the session; Route to the abseil can be hazardous due to wet slippery rock/wood; Persons falling from the top of the abseil.
Nearest Telephone	NGR 565 156 Yat Rock RSPB car park.
Nearest Hospital	Lydney Casualty Department Monmouth

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Rocks falling from the cliff during the session	All participants to wear approved UIAA climbing helmets from the car park until they return from the abseil session.
Slippery approach due to the current weather conditions	Ensure all participants are wearing sensible footwear with a good tread.
Participants falling from the top of the cliff	Keep all participants in a safe place away from the cliff edge. Where necessary make a pen or secure participants to a safety line.
Harness buckle and knot not done up correctly	Check each participant's harness, buckles, karabiners, knots, and equipment.
Hair and jewellery may get caught in equipment, cracks etc.	People with long hair must have it tied back and tucked away. Jewellery and watches must be removed before the session commences.
Hair, clothing, skin etc. getting caught in the descender	Rig the abseil as a releasable system. Always use a safety rope.
Participants at the bottom of the abseil in the fall zone of equipment, rope, rocks etc.	Get all of the participants to stand in a safe place at the bottom of the cliff.
Shoe laces not properly fastened	Check all footwear before leaving the car park.

<b>Activity</b>	<b>Abseil 2</b>
Location	Bixhead Quarry (NGR 595 109)
Guidebook/Further Information	Wye Valley, Climbers Club.
Brief Description	The abseil(s) mainly takes place at the introductory wall with, if time allows, a longer abseil at North wall.
Approach	The recommended approach to the Quarry is via the B4226, parking by the quarry. The footpath) is followed until the perimeter fence of the quarry is reached.
Main Priority Hazards	Rocks falling from above during the session; Route to the abseil can be hazardous due to wet slippery rock/wood; Persons falling from the top of the abseil.
Nearest Telephone	NGR 588 112 – Cross-roads in Broadwell. (About 1 mile).
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Rocks falling from the cliff during the session	All participants to wear approved UIAA climbing helmets from the car park until they return from the abseil session.
Slippery approach due to the current weather conditions	Ensure all participants are wearing sensible footwear with a good tread.
Participants falling from the top of the quarry	Keep all participants on the outside of the perimeter fence until called for. Where this is inappropriate rig a safety line for all the participants to attach themselves to.
Harness buckle and knot not done up correctly	Check each participant's harness, buckles, karabiners, knots, and equipment.
Hair and jewellery may get caught in equipment, cracks etc.	People with long hair must have it tied back and tucked away. Jewellery and watches must be removed before the session commences.
Hair, clothing, skin etc. getting caught in the descender	Rig the abseil as a releasable system. Always use a safety rope.
Participants at the bottom of the abseil in the fall zone of equipment, rope, rocks etc.	Get all of the participants to stand in a safe place at the bottom.
Shoe laces not properly fastened	Check all footwear before proceeding with the activity.

<b>Activity</b>	<b>Abseil 3</b>
Location	Stoney Green Quarry (NGR 645 086)
Guidebook/Further Information	Wye Valley, Climbers Club.
Brief Description	The abseil takes place in a small disused quarry.
Approach	Follow the rough track until you reach the base of the main cliff.
Main Priority Hazards	Rocks falling from above during the session; Route to the abseil can be hazardous due to wet slippery rock/wood; Persons falling from the top of the abseil.
Nearest Telephone	NGR 633 093. – The Barracks.
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Rocks falling from the cliff during the session	All participants to wear approved UIAA climbing helmets from the car park until they return from the abseil session.
Slippery approach due to the current weather conditions	Ensure all participants are wearing sensible footwear with a good tread. Rig a handline/assisted handline to reach the top of the cliff, if appropriate.
Participants falling from the top of the cliff	Keep all participants on the outside of the perimeter fence until called for.
Harness buckle and knot not done up correctly	Check each participant's harness, buckles, karabiners, knots, and equipment.
Hair and jewellery may get caught in equipment, cracks etc.	People with long hair must have it tied back and tucked away. Jewellery and watches must be removed before the session commences.
Hair, clothing, skin etc. getting caught in the descender	Rig the abseil as a releasable system. Always use a safety rope.
Participants at the bottom of the abseil in the fall zone of equipment, rope, rocks etc.	Get all of the participants to stand in a safe place at the bottom of the cliff.
Shoe laces not properly fastened	Check all footwear before proceeding with the activity.
Walking on or near roads.	Participants to walk no more than 2 abreast. Walk towards the traffic on right hand side of road.

<b>Activity</b>	<b>Hiking</b>
Location	Throughout the Forest of Dean
Guidebook/Further Information	N/A
Brief Description	All participants are encouraged to work together, help each other, share in mapping the route and enjoy the environment.
Main Priority Hazards	Getting lost; Ankle injuries due to wet, slippery or muddy paths.
Nearest Telephone	Mobile phones will be used
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Getting lost	Use only leaders with map-reading skills and local knowledge.
Ankle injuries due to wet, slippery or muddy path	Ensure all participants are wearing sensible footwear with a good tread.
Meeting walkers, horse riders and mountain bikers	Participants advised to treat these with respect and if necessary to step from path until passed
Dogs	Participants warned to neither approach nor run from dogs.
Shoe laces not properly fastened	Check all footwear before starting.

<b>Activity</b>	<b>Team Building and Initiative Exercises</b>
Location	Within the grounds and surrounds of Viney Hill, Mallards Pike and across the Forest of Dean
Guidebook/Info.	N/A
Brief Description	Work together as teams to achieve the goals set for the specific exercises
Main Priority Hazards	Falling off equipment; Twisting ankles Abuse of equipment
Nearest Telephone	Viney Hill – Centre phone Mallards Pike – The Barracks *(NGR 633 093) Elsewhere in the Forest mobile phones will be used
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Falling off equipment	Safety helmets to be worn above 6ft. All equipment checked before starting exercise. Participants to work as a team.
Twisting Ankles	Suitable footwear to be worn.
Abuse of equipment	Participants instructed on respect of equipment and instructors to ensure correct behaviour throughout exercise.
Slippery wooden surfaces in the wet	Ensure correct footwear is used and the group made aware of the additional hazard.
Hair and jewellery may get caught in equipment, cracks etc.	People with long hair must have it tied back and tucked away, jewellery and watches etc., must be removed before the session commences if deemed dangerous by the Instructor.
Shoe laces not properly fastened	Check all footwear before using equipment.

<b>Activity</b>	<b>Open Canoeing – Placid Water</b>
Location	Mallards Pike (NGR 638 093)
Guidebook/Info.	N/A
Brief Description	Mallards Pike Lake is a large freshwater lake, with easy access both on and off the water. The lake is normally sheltered from wind.
Main Priority Hazards	Risk of drowning; Canoe could be blown into the middle of the lake; Risk of hypothermia.
Nearest Telephone	NGR 633 093. – The Barracks.
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Risk of drowning	All participants to wear BCU approved buoyancy aid before entering the water. The instructor must give a briefing on the capsize drill.
Risk of drowning	The instructor must be on the water in a canoe before the group enters the water. The instructor must also carry a throwline and know the appropriate use of it, if appropriate.
Canoes being blown away from the shore into the middle of the lake	If possible launch the canoes on the windward side. If the instructor feels it appropriate to carry a towline they must do so.
Group spreading out over the lake, instructor not fully aware where individuals are	On the initial briefing set a boundary to help maintain good control over the group as a whole.
Risk of hypothermia	Ensure that all participants are dressed appropriately for the current weather conditions. Avoid prolonged exposure in the water. In hypothermia cases ring the centre and return ASAP.

<b>Activity</b>	<b>Open Canoeing – Moving Water</b>
Location	River Wye, Kerne Bridge (NGR 583 187) to Huntsham Bridge (NGR 568 183) (approx. 6 miles); River Wye, Lower Lydbrook (NGR 171 596) to The Paddocks Hotel (NGR 558 168) (approx. 6 miles). River Wye, The Paddocks Hotel (NGR558 168) to Symonds Yat (NGR 563 159) (approx. 1 mile). River Wye, Symonds Yat (NGR 563 159) to Monmouth (NGR 513 128) (approx. 6 miles).
Guidebook/Info.	Terry Storey, White water Guide; Canoeists guide to the river Wye, NRA.
Brief Description	Slow moving stretch of the river (grade 1), easy access both on and off the water. Much of the water is sheltered and therefore a popular stretch of the river to canoe. When the river is in spate we operate a no-go policy.
Main Priority Hazards	Risk of drowning; Risk of hypothermia.
Nearest Telephone	Kerne Bridge (NGR 582 189) & Caravan Park (NGR 595 184) & Lower Lydbrook (NGR 595 169). Lower Lydbrook (NGR 595 169) & The Paddocks Hotel (NGR 558 168). The Paddocks Hotel (NGR 558 168) & Saracens Head Hotel (NGR 562 159). Saracens Head Hotel (NGR 562 159) & Monmouth Town centre.
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Risk of drowning	All participants to wear a BCU approved buoyancy aid and helmet before entering the water. The instructor must give a briefing on the capsizing drill. All participants must be able to swim 25m.
Risk of drowning	The instructor must be on the water in a canoe before the group enters the water. The instructor must also carry a throwline and know the appropriate use of it.
Canoes/Participants being caught in trees	On initial briefing participants to be told to stay clear of trees.
Fisherman/fishing lines	On the initial briefing discuss what to do when fishermen are encountered.
Disturbing Swans	Swans are to be avoided especially where nests are involved.
Risk of hypothermia	Ensure that all participants are dressed appropriately for the current weather conditions. Avoid prolonged exposure in the water. In hypothermia cases ring the centre and return ASAP.

<b>Activity</b>	<b>Kayaking – Placid Water</b>
Location	Placid Water - Mallards Pike Lane (NGR638 093)
Guidebook/Further Information	N/A
Brief Description	Mallards Pike Lake is a large freshwater lake, with easy access both on and off the water. The lake is normally sheltered from wind.
Main Priority Hazards	Risk of drowning; Kayak could be blown into the middle of the lake; Risk of hypothermia.
Nearest Telephone	NGR 633 093. – The Barracks.
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Risk of drowning	All participants to wear BCU approved buoyancy aid and helmet before entering the water. The instructor must give a briefing on the capsize drill.
Risk of drowning	The instructor must be on the water in a kayak before the group enters the water.
Kayaks being blown away from the shore into the middle of the lake	If possible launch the kayaks on the windward side. If the instructor feels it appropriate to carry a towline they must do so.
Group spreading out over the lake, instructor not fully aware where individuals are	On the initial briefing set a boundary to help maintain good control over the group as a whole.
Risk of hypothermia	Ensure that all participants are dressed appropriately for the current weather conditions. Avoid prolonged exposure in the water. In hypothermia cases ring the centre and return ASAP.

<b>Activity</b>	<b>Kayaking - Moving Water.</b>
Location	River Wye, Kerne Bridge (NGR 583 187) to Huntsham Bridge (NGR 568 183) (approx. 6 miles); River Wye, Lower Lydbrook (NGR 171 596) to The Paddocks Hotel (NGR 558 168) (approx. 6 miles). River Wye, The Paddocks Hotel (NGR558 168) to Symonds Yat (NGR 563 159) (approx. 1 mile). River Wye, Symonds Yat (NGR 563 159) to Monmouth (NGR 513 128) (approx. 6 miles).
Guidebook/Further Information	Terry Storey, White water Guide; Canoeists guide to the river Wye, NRA.
Brief Description	Slow moving stretch of the river (grade 1), easy access both on and off the water. Much of the water is sheltered and therefore a popular stretch of the river to kayak. When the river is in spate we operate a no-go policy.
Main Priority Hazards	Risk of drowning; Risk of hypothermia.
Nearest Telephones	Kerne Bridge (NGR 582 189) & Caravan Park (NGR 595 184) & Lower Lydbrook (NGR 595 169). Lower Lydbrook (NGR 595 169) & The Paddocks Hotel (NGR 558 168). The Paddocks Hotel (NGR 558 168) & Saracens Head Hotel (NGR 562 159). Saracens Head Hotel (NGR 562 159) & Monmouth Town centre.
Nearest Hospital	Lydney Casualty Department Monmouth

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Risk of drowning	All participants to wear a BCU approved buoyancy aid and helmet before entering the water. The instructor must give a briefing on the capsizing drill. It is best if all participants can swim.
Risk of drowning	The instructor must be on the water in a kayak before the group enters the water. The instructor must also carry a throwline and know the appropriate use of it.
Kayaks/Participants being caught in trees	On initial briefing participants to be told to stay clear of trees.
Fisherman/fishing lines	On the initial briefing discuss what to do when fishermen are encountered.
Disturbing Swans	Swans are to be avoided especially where nests are involved.
Risk of hypothermia	Ensure that all participants are dressed appropriately for the current weather conditions. Avoid prolonged exposure in the water. In hypothermia cases ring the centre and return ASAP.

<b>Activity</b>	<b>Raft Building</b>
Location	Placid Water - Mallards Pike Lane (NGR638 093)
Guidebook/Further Information	N/A
Brief Description	Mallards Pike Lake is a large freshwater lake, with easy access both on and off the water. The lake is normally sheltered from wind.
Main Priority Hazards	Risk of drowning; Raft could be blown into the middle of the lake; Risk of hypothermia.
Nearest Telephone	The Barracks (NGR 663 093).
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Risk of drowning	All participants to wear a BCU approved buoyancy aid and helmet before entering the water. The instructor must check the construction of the raft to make sure that participants cannot become trapped.
Risk of drowning	The instructor must be on the water in a kayak or canoe before the raft is launched. The instructor must also carry a throwline and know the appropriate use of it.
Raft being blown away from the shore into the middle of the lake	If possible launch the raft on the windward side. If the instructor feels it appropriate to carry a towline they must do so.
Group spreading out over the lake, instructor not fully aware where individuals are	On the initial briefing set a boundary to help maintain good control over the group as a whole.
Risk of hypothermia	Ensure that all participants are dressed appropriately for the current weather conditions. Avoid prolonged exposure in the water. In hypothermia cases ring the centre and return ASAP.

<b>Activity</b>	<b>All Terrain Biking</b>
Location	Within the Forest of Dean
Guidebook/Info.	N/A
Brief Description	Cycling on cycle paths and recognised off track routes to utilise the abilities of the specific group to the full
Main Priority Hazards	Falling off and losing control; Head injuries Traffic when using public roads Slippery/muddy paths Animals (dogs, sheep, deer etc.) Walkers, horse riders and other cyclists.
Nearest Telephone	Mobile phones to be used
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Falling off and losing control	All participants advised on correct use of gears and brakes, being aware of their surroundings and not riding beyond their capabilities. Speed of group set by leader.
Head injuries	Cycle helmets must be worn whilst cycling
Traffic when using public roads	Ensure adherence to Highway code and cycling no more than two abreast
Slippery/muddy paths	Warn of danger and slow speed to suit the surface
Animals (dogs, sheep, deer etc.)	Slow down for, and be aware of, animals
Walkers, horse riders and other cyclists	Pass others at walking speed and be aware of all potential hazards, particularly young children
Shoe laces not properly fastened	Check all footwear before leaving car park.

<b>Activity</b>	<b>Archery</b>
Location	Within the Centre grounds
Guidebook/Info.	N/A
Brief Description	The area set aside for archery is a quiet area of the Centre grounds which can easily be cordoned off for safety
Main Priority Hazards	Misdirected arrows People wandering on to target area Misuse of equipment
Nearest Telephone	Centre phone
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Misdirected arrows	All participants to only shoot when instructed by the instructor, and then only at target area. Arrows only to be unsheathed when instructed.
Withdrawing arrows from targets	Instructor to ensure all shooting finished before allowing designated person to retrieve arrows
People wandering on to target area	Area cordoned off and warning signs erected before beginning activity. A warning notice shown at the path to archery and other residents warned in advance
Misuse of equipment	Participants warned of correct use of all equipment and warned that any abuse will lead to immediate suspension of the session.

<b>Activity</b>	<b>Bridge Building</b>
Location	Within the Forest of Dean.
Guidebook/Info.	N/A
Brief Description	All participants to work together to build a bridge over a small quarry or shallow stretch of water.
Main Priority Hazards	Falling into quarry or water. Rope bridge collapsing.
Nearest Telephone	Centre phone or Mobile phones if away from the Centre.
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Falling into quarry or water.	All participants to be warned of the dangers of slipping into the quarry or water. All participants to wear helmets and harnesses when crossing the bridge.
Rope bridge collapsing.	The instructor to secure a safety rope which all participants must be fixed to when crossing the bridge.
Harness buckle may not be done up correctly and knots for the bridge may be loose.	Check each participants harness; check the tying of the knots on the bridge structure.
Hair and jewellery may get caught in equipment, cracks etc.	People with long hair must have it tied back and tucked away, jewellery and watches etc., must be removed before the session commences, if deemed dangerous by the Instructor.
Shoe laces not properly fastened	Check all footwear before starting the session.

<b>Activity</b>	<b>Low Ropes Course</b>
Location	Grounds of the Centre.
Guidebook/Info.	N/A.
Brief Description	All of the course has been made by the Centre for groups to work together to cross the equipment safely and as a team.
Main Priority Hazards	Falling from the ropes. Rope burns. Could be slippery in wet conditions.
Nearest Telephone	Centre phone to be used.
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Falling from the ropes.	All participants to wear climbing helmets when on course.
Too many people on one piece of the course at one time.	The instructor is to communicate with the group that no more than two people are allowed on any single piece of the course at any one time.
Rope burns from falling.	Ensure all participants are wearing sensible footwear with a good tread.
Slippery in the wet.	Participants warned of the dangers of using the course in the wet and allowing extra time for the activity to take place.
Hair and jewellery may get caught in equipment, cracks etc.	People with long hair must have it tied back and tucked away, jewellery and watches etc., must be removed before the session commences if deemed dangerous by Instructor.
Shoe laces not properly fastened	Check all footwear before starting.

<b>Activity</b>	<b>Overnight Bivvi</b>
Location	Throughout the Forest of Dean.
Guidebook/Info.	N/A.
Brief Description	All of the participants engage in building their own shelter and then camping in it overnight. They can use a Bivi bag, shelter, or resources from the environment.
Main Priority Hazards	Shelter falling on the participant in night. Route to the bivi can be hazardous due to wet slippery rocks/wood. Risk of hypothermia.
Nearest Telephone	Mobile phones to be used
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Shelter falling on the participant in the night.	All participants shelters to be inspected by the Instructor before participants are allowed to sleep in them.
Route to the bivi site can be hazardous due to wet slippery rocks/wood.	The instructor to communicate with the participants the danger of walking on wet rocks and wood and ensure reasonable footwear is worn.
Risk of hypothermia.	Ensure all participants are dressed appropriately for the current weather conditions. Avoid prolonged exposure in water or rain. In hypothermia cases ring the duty manager and return the group to the centre ASAP.

<b>Activity</b>	<b>Quarry Scramble/ Shelter Building</b>
Location	Within the Forest of Dean.
Guidebook/Info.	N/A
Brief Description	All participants to work together in order to achieve a quarry scramble
Main Priority Hazards	Falling rocks within the quarry Loose rocks under foot
Nearest Telephone	Centre phone or Mobile phones if away from the centre.
Nearest Hospital	Lydney Casualty Department

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Falling into quarry.	All participants to be warned of the dangers of slipping into the quarry. All participants to wear helmets and harnesses where appropriate.
Loose rocks under foot.	All participants to be warned of the danger of loose rocks and rocks covered by fallen leaves
Harness buckle may not be done up correctly.	Check each participant's harness.
Hair and jewellery may get caught in equipment, cracks etc.	People with long hair must have it tied back and tucked away, jewellery and watches etc., must be removed before the session commences, if deemed dangerous by the Instructor.
Shoe laces not properly fastened	Check all footwear before starting the session.

<b>Activity</b>	<b>Mountain Walking</b>
Location	Breacon Beacon National Park
Guidebook/Further Information	OS Map
Brief Description	All participants are encouraged to work together, help each other, share in map and compass reading and enjoy and care for the mountain environment.
Main Priority Hazards	Getting lost; Ankle injuries due to wet, slippery or muddy paths. Exhaustion, Dehydration, Heat Stroke and Hypothermia
Nearest Telephone	Mobile phones will be used
Nearest Hospital	Breacon or Abergavenny

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Getting lost	Use only leaders Mountain Leader Qualification/ Trained. There will always be one fully trained leader present. Full detailed route plan left at Viney Hill office
Ankle injuries due to wet, slippery or muddy path,	Ensure all participants are wearing sensible footwear with a good tread. Full mountain first aid kit to be taken on walk
Exhaustion	Route planned to suit abilities of group, regular food and drink breaks to be taken
Dehydration	Ensure regulars and adequate fluids are taken whilst walking and before leaving
Heat Stroke	Correct clothing to be worn, sun screen to be used
Hypothermia	Correct clothing to be worn, change of clothes to be taken
Meeting walkers, horse riders and mountain bikers	Participants advised to treat these with respect and if necessary to step from path until passed
Dogs	Participants warned to neither approach nor run from dogs.
Shoe laces not properly fastened	Check all footwear before starting.

<b>Activity</b>	<b>Crate Stack</b>
Location	Viney Hill Christian Adventure Centre
Guidebook/Further Information	N/A
Brief Description	The Crate stack is a purpose built activity within the grounds of Viney Hill Christian Adventure Centre. The purpose of this activity is to build a tower of crates with one or two individuals balancing on top of the completed structure.
Approach	The activity takes place just inside Viney Hill Christian Adventure Centre on the right hand side
Main Priority Hazards	Vehicles coming in and out of the centre Participants falling on crates that have not knocked over Prevailing weather conditions Crates falling on participants at the bottom of the tower Incorrect belaying
Nearest Telephone	Staff Office, Viney Hill Christian Adventure Centre
Nearest Hospital	Lydney Casualty Department Monmouth

<b>Hazard</b>	<b>Measure to Reduce The Hazard</b>
Vehicles coming in and out of the centre	The area around the Crate Stack should be coned off allowing vehicles to go around the activity.
Participants falling from the crate stack.	<ul style="list-style-type: none"> <li>• Ensure that all of the participants are tied onto the rope using a rewoven figure of eight or bowline, this would go through both the chest harness and sit harness.</li> <li>• Ensure that below lowering the participants all of the towers are knocked over</li> <li>• Ensure that the belay rope is kept tight at all times.</li> <li>• Ensure that people passing the crates to the climbers stand well clear once they have passed a crate.</li> </ul>
Slippery approach due to weather conditions	Ensure all participants are wearing sensible footwear with a good tread.
Harness buckle and knot may not be done up correctly	Check each participant's harness; check the tying in knot
Hair and jewellery may get caught in equipment, cracks etc.	People with long hair must have it tied back and tucked away, jewellery and watches etc.. must be removed before the session commences.
Participants may not belay correctly, potentially causing injury to the climber	Give thorough briefing on how to belay correctly. Have two participants belaying each climber, one to act as a backstop.