



Kenelm Youth Trust

Alton Castle & Soli Retreat Centres

Alton

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Risk Assessment – Day Retreat activities. Low risk Team Building Challenges

Assessment conducted by Dom Salter Reviewed May 2019 Next Scheduled Review May 2020

Hazard	Consequence	RCM	Review
Falling off planks, barrels, stumps etc.	Minor Injuries	Briefing and monitoring by instructor	All accidents and near misses recorded and if appropriate action to prevent re-occurrence is implemented.
Lifting light loads	Back Injury	Briefing on lifting techniques by instructor	All accidents and near misses recorded and if appropriate action to prevent re-occurrence is implemented.
Twisting Back Injury	Injury	Briefing and monitoring by instructor	All accidents and near misses recorded and if appropriate action to prevent re-occurrence is implemented.
Dropping objects onto toes	Minor crush injuries / cuts	Suitable footwear to be worn	All accidents and near misses recorded and if appropriate action to prevent re-occurrence is implemented.
Equipment failure	Injury	Regular inspection and maintenance of activity equipment.	All accidents and near misses recorded and if appropriate action to prevent re-occurrence is implemented.
Being struck by moving objects	Minor injury	Two people to move planks etc. where appropriate. Briefing as to danger areas agreed communication and monitoring by instructor	Helmets to be worn when necessary All accidents and near misses recorded and if appropriate action to prevent re-occurrence is implemented.
Falling off stumps, and logs	Twisted ankles, injury due to falling onto items on the ground.	Limit numbers on elements	All accidents and near misses recorded and if appropriate action to prevent re-occurrence is implemented.
Ropes Minor burns to hands.	Friction burns	Gloves to be worn as appropriate	All accidents and near misses recorded and if appropriate action to prevent re-occurrence is implemented.
Wet grass/ equipment. Slips and falls.	Twisted ankles, Minor injury.	Briefing and monitoring by instructor.	All accidents and near misses recorded and if appropriate action to prevent re-occurrence is implemented.