

Risk assessment and Management 2026

Abseiling

Description.

Abseiling / rappelling - Descending a fixed rope (or ropes) in the manner usually associated with mountaineering. This activity can take place on rocks, crags, sea cliffs, quarries and suitable structures (e.g. bridges, viaducts, buildings).

Managing Risk Statement. Supervisors will hold the appropriate qualification for this activity (see [Minimum Qualifications document](#)). The quality and safety of sessions will be regularly reviewed with any outcomes being fed into the RA and policies. Inherent within this activity is the possibility of getting wet, tired and exposed to ambient weather conditions (see [Weather Policy](#))

Benefits. Adventure Activities provide a range of benefits (see [Education and Learning policy](#))

The Hazard, what is causing a risk?	Who might be affected	How we manage the risk
Falls from height (this may be from the abseil platform, approach to the abseil site or on the exit after the abseil.)	All. Particularly those abseiling for the first time who may be out of their comfort zone.	Full safety brief before anyone leaves the floor. Pace controlled on ascent to discourage rushing. Safety system (top rope) available if deemed necessary. All persons to be attached to safety rope at the top of abseil before approaching edge / consequence.
Equipment dropped from height.	All at the bottom of the abseil.	All kit and equipment to be tied on. Helmets to be worn at the bottom of abseil by all participants. Instructor to keep an eye on the 'drop zone' to make sure everyone stays clear.
Rope burn	Abseiler	Ensure abseiler adopts correct posture / instructor to maintain load on safety rope / safety rope to be kept tight while the abseiler is getting used to it.

Risk assessment conducted by: E3Adventures Ltd

Date Conducted: 2/2/2026

Signed: Bryn Beach

Review Date: February 2027

An E3Adventures Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.

Specific assessments

For specific assessment for Abseil Trees at Deers Leap Park see our High Ropes policy and Risk Assessments

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Operating Procedures

Before

- Check medical / consent forms.
- Instructor to be familiar with E3Adventures activity RA – specifically any site specific notes.
- Check the weather forecast – does your plan still work.
- Check if there any venue restrictions (bird ban / road closures / rockfall)
- Instructor to ensure correct kit is available for the venue / group.
- Instructor to inspect all kit to ensure it is usable.
- If residential course ensure the group know where to go / park etc.

During

- Clear briefing to highlight risks, safety measures and expectations.
- Any assistants / staff to briefed on their role.
- Session delivered within instructors NGB remit / inhouse training / experience and accounting for the weather / group ability.

After

- Return kit.
- Inform Course Leader of any damages or loss.
- Inform Course Leader of any issues with group / venue to assist with planning for future.

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Instructor Incapacitated

Critical Incident Plan

Ensure that the teacher/visiting staff knows where your copy of the 'Instructor Incapacitated' and 'Critical Incident Plan' are.

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INSTRUCTOR INCAPACITATED

In the case of a incident / accident the E3Adventures staff will follow the 'critical incident plan' (see over). However in the situation where they are incapacitated this crib sheet will help you manage the situation until help arrives.

Group Safety

- **Look after yourself**, do not put yourself in danger.
- **Look after the group**, make sure they are out of danger. In this scenario the group may be worried, you might need to tell them where to go/sit and not move so they do not put themselves in danger.
- If necessary **move the casualty** out of any further danger.

First Aid

- Perform **first aid** (do what you can)
 - If it is bleeding - stop it bleeding (direct pressure)
 - If it is broken - don't move it
 - If they are unconscious - put them in the safe airway position (below)
 - If they are not breathing and you feel you can start CPR



Call for Help

- You can Phone **999 / 112** using your phone or the instructors phone
- If there are other groups near by you can **shout for help**
- You can contact other staff via the **WhatsApp group**



- **Location**
- **What Happened / Who is hurt / what has been done**
- **The group**



CRITICAL INCIDENT PLAN

The below 'Critical Incident' plan gives useful process to follow in the case of a critical incident. However any incident is likely to have its own unique features and it will be up to the E3Adventures staff with the support of the Group staff to manage an incident in the way that produces the best outcomes.



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