

Risk assessment and Management 2026	High ropes elements
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Description.

Rope courses / adventure courses / challenge courses are man made structures either on poles or on trees. These may be stand alone elements or part of a course but are generally 'obstacles' at height that are protected by a bottom rope system.

This covers all of the tree based high rope activities at Deers Leap Park

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	Instructors & All Participants/Group Leaders	Appropriate belay system, monitored by instructor and physical presence. All equipment suitable for the element (chest harness if there is a risk of inverting etc) Kit checked by instructor prior to anyone leaving the floor (safety chain) Appropriate belay system used. Where participants are 'clipped' to safety rope a SCREWGATE carabiner will be used Helmets worn

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Rope burn / injury		Monitored and controlled belaying. Brief / monitor participant not to be holding rope on the climb. Lowering done by instructor. Safety rope kept tight – taken in if any jumping to stop the chance of participant grabbing it and getting rope burn Ensure instructor is aware of venue operating procedures for specific element if available.
Inverting / Harness issues	Participants	All the activities require the use of a harness. There are a range of Sit and Body harnesses available, and where identified chest harnesses.

Specific assessments – Ninja at DLP

Sit + Chest Harness (or full body harness) to be worn. Standard ground anchor setup.

Personal Injury Finger / Hand entrapment at top of board and cable pulley anchors.	Participant	Be vigilant, usual instructions to stop and not climb too high above the log.
Rope burn on in-situ ropes.	Participant	Brief / monitor participant not to be holding rope on descent.
Limb entanglement / twisting joints (upside down).	Participant	Slow lower, observe and brief before too late, instructor to help pull rope to assist with entanglement.
Bashing limbs / head on wooden board base.	Participant	Slow steady lower and brief.
Rope wrong side of board (climber out of sight, can't climb back over).	Participant	Observe, brief to avoid in the first place, encourage climber to get the correct side, lower climber down with some visual check. Sort

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		/ reset rope with heavy bag hoist.
Specific assessments – Jacobs at DLP		
Sit + Chest Harness (or full body harness) to be worn. Standard ground anchor setup.		
Personal Injury Fingers entrapment cable pulley anchors and edge wire edge bolts.	Participant	Be vigilant, usual instructions to stop and not climb too high above the top log
Rope burn on in-situ ropes.	Participant	Brief / monitor participant not to be holding rope on descent.
Bashing limbs / head on logs.	Participant	Slow steady lower and brief how to and body orientation (wide feet, steady).
Behaviour / fighting pulling pushing, falling awkward.	Participant	Vigilance, good briefing, set boundaries. Team work, pulling possible but not too hard.
Specific assessments – Crate Challenge at DLP		
Sit + Chest Harness (or full body harness) to be worn. Standard ground anchor setup.		
Semi Static with same attachment to ground anchor but separate length rope, allowing climbers ropes to be in bucket and less confusion to tail rope. Use Backup knots from 5 crates up, to avoid ground fall, keep really tight. 17 crates high is a maximum possibly less for taller participants to avoid touching the cable and pulley (the angle to the pulley is large also).		
Set the expectations (behaviour) and activity (jobs, teamwork) briefing in methodical manner at the start.		
Personal Injury Falling Crates, collision with from height, but also bounce and roll on floor – head, limbs, shins.	All	Wearing helmets, ensure everyone knows to get out of the way of the fall line (belayers anchored in, out of way, pullers can move). Only 'builders' / instructor to be near the stack. If possible controlled downhill kick of complete stack downhill.
Trapped fingers, belay and crates.	Participant	Instructor brief how to avoid – not touching metal, careful whilst helping build and holding upright.
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Back injury, heavy holding numerous stacks, manual handling.	Everyone	Only 1 crate at a time for builders. Instructor good lifting technique (straight back, using legs), don't overdo it, if they need to have their own physical limit personal preference.
Rope twisting / crossing.	Participant	Vigilant instructor observation try to avoid and make climbers aware.

Specific Assessment – Tree Climb at DLP

Standard ground anchor setup.

Personal Injury Ladder set up comes loose.	Everyone	Be vigilant, observe and test ladder and knot. Good set up stamp in ground, don't take risks whilst tying down around tree.
Slipping / falling off ladder at the start.	Participant	Tight rope at start and brief slow steady movement.
Fingers trapped and scuffs on skin limbs bashing on wooden blocks.		Brief on what not to touch, slow lower, and encourage good body position.

Specific Assessment – Tree Abseil at DLP

Standard ground anchor setup.

Personal Injury Fall from ladder.	Participants and Instructor	Potential for an awkward swing off the ladder, so slow steady calm climbing up essential. When setting up, to use 2 people, stamp the ladder into the base for security and hold. Slow and steady don't take risks.
Instructor safety falling whilst ascending to platform.	Instructor	Instructor to use cowstails, avoid a factor 2 fall situation, climb slow and steady, using all of the staples. Staying secure on the platform using cowstail

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		lockable karabiner into the anchor cable.
Miss connection of abseiler on climb up ladder and staples.	Participant	Thorough briefing how and what, buddy check, squeeze check, keep line of sight on abseiler connection and harness.
Trapped fingers, skin, and clothing in abseil device.	Participant	Good briefing how to abseil slowly and where to hold, clean up clothing prior, instructor option to release abseil device.
Collision with platform – legs arms, face.	Participant	Encourage good body movement over edge (wide feet on edge, lean back lower keeping feet on ledge until nearly horizontal, step one foot at a time onto tree reduce swinging).
Nervous or refusal abseiler.		Try and know group well enough to avoid. Possible option to just lower off platform. Coach and encourage with physical support. If backing out whilst on ladder, down climb step off, if backing off on staples, down climb with tight rope and lower final section.
Group control at the base.		There will be an adult member of staff present to enforce behaviour.
Perch		
Leap of Faith		

Operating Procedures

Before

- Check medical / consent forms.

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- Instructor to be familiar with E3Adventures activity RA – specifically any site specific notes.
- Check the weather forecast – does your plan still work.
- Instructor to ensure correct kit is available for the group.
- Instructor to inspect all kit to ensure it is usable.

During

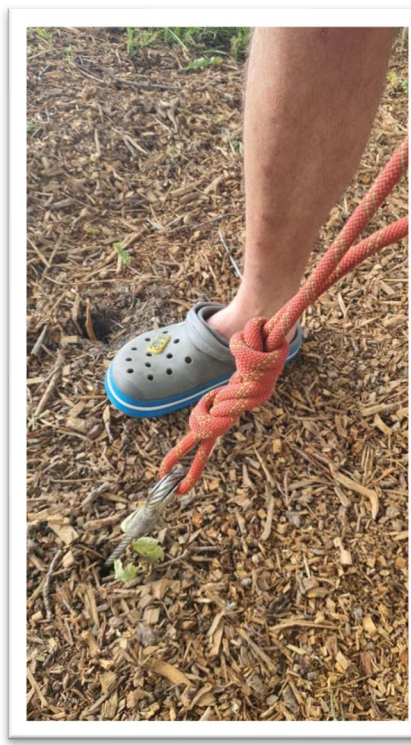
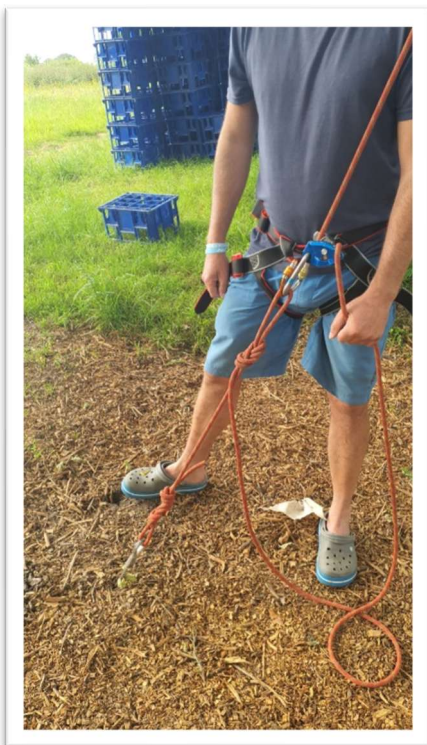
- Clear briefing to highlight risks, safety measures and expectations.
- Any assistants / staff to briefed on their role.
- Session delivered within instructors NGB remit / inhouse training / experience and accounting for the weather / group ability.

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.

Belay Set up at DLP

The equipment provided and the structures at DLP supports the below set up and this is the preferred configuration. However equipment changes and group needs may suggest the need for a different, (appropriate and safe) set up.



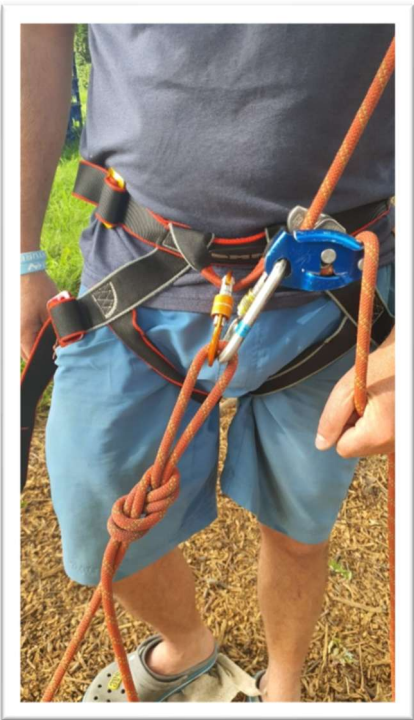
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Instructor Incapacitated

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 an 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**

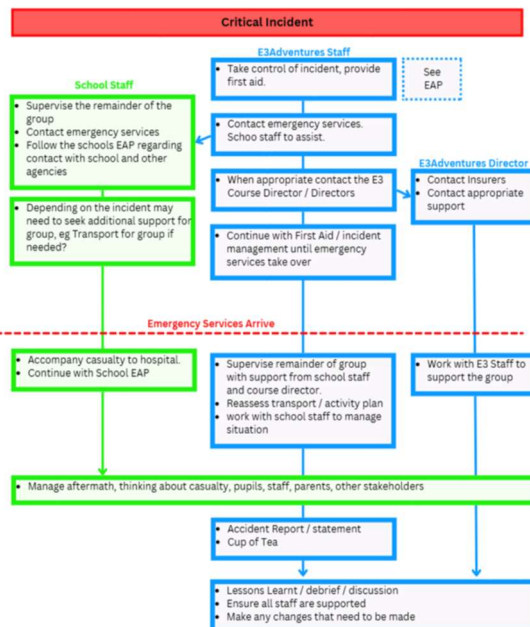


- Location
- What Happened / Who is hurt / what has been done
- The group



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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