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**Activity Risk Assessment – Instructor Led Activities (Land)**

**Risk vs Benefit Statement.**

‘We believe in the positive aspects of undertaking challenges in a wide range of activities and experiences in the outdoors.

One of the key foundations of the Outdoor Learning approach is the intentional acceptance of both the benefits of undertaking activities in the outdoors and the potential risks of doing so. Challenges might be physical and/or psychological and may include real and/or perceived risk for the participants where real and often immediate consequences can lead to powerful and highly memorable learning experiences.’ (Institute of Outdoor Learning)

At Pinkston Watersports we share the ethos of the IOL, we strongly believe that the range of activities we offer bring great benefits to all our clients and users allowing them the chance to build confidence, strength, independence, and social network, allowing them to realise their full potential.

**Review period.**

All documents to be reviewed annually by Pinkston Watersports Management Team. All those who require the risk assessment to carry out their work will also have an opportunity to input into the review process.

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| **Hazard** | **Possible injury** | **Who might be harmed?** | **How is the risk controlled?** | **Remedial Actions** |
| **See all specific Risk Assessments: Archery** | | | | |
| Users slipping, tripping, or falling on loose and/or broken ground. | Muscular skeletal injuries | Users / staff / members of the public | * Only deploy suitably qualified and competent staff to supervise activities. * Advise participants that the ground is uneven and to take care. | * Suitable and practiced procedure for recovery available. * Remove and administer first aid as required. |
| Users (member of the public, parent) falling into the basin | Impact injuries  Knocked unconscious.    Neck or spinal  injury  Drowning | Users (member of the public, parents) | * Buoyancy aid or a correctly fitted and automatically activated life jacket to be worn when on the pontoons or working near the basin edge. * Walkways to be kept clear where possible * Highlight points of vulnerability and put barriers there (to be completed by May 1st 2023) * Life rings to be placed on island (to be completed by May 1st 2023) | * Self-rescue * Rescue of injured participant from basin either by using SUP or rescue sledge (found in pump house) as spinal board if required, injured person moved to bottom of one of the courses (injured person to be moved to solid surface if CPR required) or use of long throwline on a swimming rescuer or a throwline rescue. * First aid as required. * Contact Emergency services as required |
| Users being dropped during team building tasks | Head Injuries  Muscular skeletal injuries | Staff and Users | * Clients should never be lifted above hip height. * Clients should be encouraged to move through obstacles feet first. * Instructors should correctly brief clients on how to handle people before participating in more dynamic tasks. | * Remove and give first aid as required |
| Adverse Weather | Hypothermia | Staff and users | * Use of clothing appropriate to individual, forecast, and prevailing conditions. * Consider likely risk and duration of immersion and water temperature | * Remove from activity and first aid as required |
| Heatstroke and sunburn | Staff and users | * Use appropriate clothing – cover up if necessary. * Use sunscreen and hats. * Ensure adequate fluids available and consumed | * Remove from activity and first aid as required |
| People burning themselves on the fire, marshmallows, or hot drinks | Burns minor & major | Staff, users & members of the public | * Fire must never be left alight without supervision from Pinkston Watersports Team * Good group supervision should be used around the fire, maintaining a safe distance from fire. * Users should remain seated when drinking. * Pinkston Watersports team should be the only people pouring boiling water out of the kettles. * Only use the cups allocated for bushcraft. | * Water taken to the bush craft area to douse fire when needed. * First aid kits taken to the area. * Remove and administer first aid as required |
| Being hit by highland games caber or shot put | Impact injury | Staff/ users/ members of the public | * Caber toss and shot putt activities to be taken part in the ‘archery area’ * All participants that aren’t throwing, stand behind the throwing line. | * First aid as required |
| Falling during sack race | Impact injuries | Staff/ users / members of public | * Sack race to part on the grass | * First aid as required |
| Injury when flipping tractor tyre | Musculoskeletal injuries | Staff / users | * Instructor should explain and encourage proper manual handling techniques. | * First aid as required |
| Tug of war rope snapping | Musculoskeletal injuries | Staff / users | * Only use dedicated tug of war rope | * First aid as required |