



# FRYLANDS WOOD SCOUT OUTDOOR CENTRE

## Assault Course Risk Assessment (please also read Generic Site RA)

Activity: ASSAULT COURSE		Reviewed By: Jason Foad					Updated: Feb 2025		
Reviewed if methods change and/or after incidents, NOT reviewed annually									
Activity/Hazard	Who is at risk	Before Control Measures			Control Measures	After Control Measures			
		Likelihood 1-3	Severity 1-3	Risk Rating	Please see Generic Site Risk Assessment for explanation of risk ratings	Likelihood 1-3	Severity 1-3	Risk Rating	
Instructor Qualifications	Staff & users	2	2	4	<ul style="list-style-type: none"> <li>No specific qualifications or permits are required to run the assault course, but the instructor must be fully trained and signed off, as detailed in the activity training requirements grid</li> <li>For self-led sessions, the activity must be supervised by a responsible person who takes overall charge of the session and has signed the related conditions of use. This should ideally be someone aged 18 or over</li> <li>Instructors must be aware of this Risk Assessment &amp; the Generic Site RA</li> <li>•</li> <li>Explorer Crew aged 14 or over can run sessions, but only if fully trained and supervised as detailed in the activity training requirements grid</li> </ul>	1	2	2	
Previous or current Medical injury\condition	Users	2	3	6	<ul style="list-style-type: none"> <li>Ensure that participants have no injuries or suffer with back/neck problems</li> <li>Ensure no one has internal organ complaints that will be affected by the activity</li> <li>Anyone who feels unwell, suffering from the effects of drugs/ alcohol or pregnancy must not take part</li> </ul>	1	1	1	
Choking	Users	2	3	6	<ul style="list-style-type: none"> <li>Ensure no food or drink including chewing gum etc. is being consumed during the activity</li> </ul>	1	2	2	

Injury due to personal belongings	Users	2	2	4	<ul style="list-style-type: none"> <li>• Ensure that the participants do not have any personal items such as phones or keys in their pockets</li> <li>• Glasses should be removed if possible but depends on the level of visual impairment</li> </ul>	1	1	1
Failure of equipment	Users	2	3	6	<ul style="list-style-type: none"> <li>• All equipment should be checked for obvious faults before, during and after each session</li> <li>• Any damage should be reported to the Duty Manager &amp; the equipment should not be used until inspected, repaired &amp; deemed safe</li> <li>• All equipment has a detailed inspection quarterly &amp; results logged</li> <li>• Annual inspection by an external company to the current playground regulations (BS EN1176/7)</li> </ul>	1	3	3
First Aid required	Staff & users	2	3	6	<ul style="list-style-type: none"> <li>• Group is responsible for having their own First Aid kit</li> <li>• All staff on site are first aid trained and large First Aid kits are available at Reception, Providore &amp; Crew Hut</li> <li>• All staff aware of site emergency plan and carry a site radio</li> </ul>	1	3	3
General use of Assault Course	Staff & users	2	3	6	<ul style="list-style-type: none"> <li>• Max group size of 12 to 15</li> <li>• Safety talk given to users at start of session</li> <li>• No more than 2 people on each set of apparatus (e.g. 1 person on each monkey bar)</li> </ul>	1	3	3
Rope Burn	Users	2	1	2	<ul style="list-style-type: none"> <li>• Gloves offered if needed</li> <li>• Rope checked for damage &amp; that no wires exposed</li> </ul>	1	1	1
<b>Slips, Trips and Falls</b>								
Slips, trips and falls on obstacles and inside enclosure	Staff & users	2	2	4	<ul style="list-style-type: none"> <li>• Visual checks before &amp; during the session</li> <li>• Rules &amp; safety issues explained at beginning of activity</li> </ul>	1	2	2
<b>Manual Handling</b>								
Helping users on obstacles	Staff & users	2	2	4	<ul style="list-style-type: none"> <li>• Staff supervising sessions &amp; other participants can offer help where requested but must consider risk of personal injury</li> </ul>	1	2	2

<b>Falls from Height</b>								
Falls from heights	Users	1	3	3	<ul style="list-style-type: none"> <li>Helmets to be worn at all time by all users as per manufacturers guidelines (see diagram at the end of the Risk Assessment)</li> </ul>	1	2	2
<b>Lighting</b>								
Insufficient light increases risk of accidents	Staff & users	2	2	4	<ul style="list-style-type: none"> <li>Floodlights on Providore &amp; tree by ramps obstacle should be switched on before evening sessions</li> </ul>	1	2	2
<b>Electrical Safety</b>								
Shock from lighting	Staff & users	1	2	2	<ul style="list-style-type: none"> <li>Lights should only be switched on by over 18 site staff after checking for obvious damage including water in sockets</li> <li>Cables &amp; lights should be PAT tested</li> <li>External sockets checked with building test by external company</li> </ul>	1	2	2
<b>Weather</b>								
Heavy rain, snow or ice	Staff & users	2	2	4	<ul style="list-style-type: none"> <li>The obstacles &amp; assault course ground surface can become slippery in bad weather</li> <li>A judgement on cancelling sessions should be made in conjunction with the group leader depending on the groups age &amp; ability</li> <li>Refer to the Duty Manager if in doubt</li> </ul>	1	2	2
<b>Risks Specific to each Obstacle</b> (see Map at the end of the Risk Assessment for numbering)								
<b>Obstacle 1 – Tyre Slalom</b>								
Tripping on tyres	Users	2	2	4	<ul style="list-style-type: none"> <li>The tyres have be sunk level with the surrounding ground to stop tyres moving thus making easier to navigate.</li> <li>The inside of the Tyres have been part filled with sand to reduce the height the users would have to raise their legs to navigate the obstacle</li> </ul>	1	2	2
<b>Obstacle 2 – Monkey Bars</b>								
Falling from bars	Users	2	2	4	<ul style="list-style-type: none"> <li>Gloves available if bars are too slippery</li> <li>Should be 20cm of woodchip underneath the bars</li> </ul>	1	2	2

					<ul style="list-style-type: none"> <li>• Users reminded to land on both feet &amp; bend their knees on landing</li> </ul>			
Falling from heights	Users	2	3	6	<ul style="list-style-type: none"> <li>• Users should not climb on top of the Monkey bars</li> </ul>	1	3	3
<b>Obstacle 3 – Monkey Hoops</b>								
Falling from hoops	Users	2	2	4	<ul style="list-style-type: none"> <li>• Gloves available if hoops are too slippery</li> <li>• Should be 20cm of woodchip underneath the hoops</li> <li>• Users reminded to land on both feet &amp; bend their knees on landing</li> </ul>	1	2	2
Falling from heights	Users	2	3	6	<ul style="list-style-type: none"> <li>• Users should not climb on top of the Monkey Hoops</li> </ul>	1	3	3
<b>Obstacle 4 – Chain Climb</b>								
Falling from heights	Users	2	3	6	<ul style="list-style-type: none"> <li>• Users advised to keep their body close to the top pole as they go over the top &amp; not to stand on it</li> </ul>	1	3	3
Kicked by other users	Users	2	1	2	<ul style="list-style-type: none"> <li>• User warned to be careful not to kick other users as they swing legs over the top pole</li> <li>• Users waiting to use obstacle should stand back</li> </ul>	1	1	1
<b>Obstacle 5 – Traversing Ropes</b>								
Falling onto fence	Users	2	2	4	<ul style="list-style-type: none"> <li>• Users on the left-hand set of ropes should start on the inside away from the fence</li> </ul>	1	2	2
<b>Obstacle 6 – Ramps</b>								
Slipping on ramps	Users	3	2	6	<ul style="list-style-type: none"> <li>• Grip strips on the up slope</li> <li>• Can become slippery when wet so monitor carefully during adverse weather</li> </ul>	2	2	4
<b>Obstacle 7A – See-Saw</b>								
Hit by See Saw	Staff & users	2	2	4	<ul style="list-style-type: none"> <li>• Ensure cone is placed a safe distant from the lower end of the see-saw ramp</li> <li>• Should wait behind cone placed next to See-Saw until the other person clears obstacle</li> <li>• Users warned not to stand next to or over at end of See-Saw whilst someone else is using it as risk of being hit by moving plank</li> </ul>	1	2	2

<b>Obstacle 7B – Balance Beam</b>								
Slipping on Beam	Users	3	2	6	• Beam can become slippery when wet so monitor carefully during adverse weather	2	2	4
<b>Obstacle 8 – Spiders Web</b>								
Trapped in Ropes	Users	2	2	4	• Ropes set below 1 metre to reduce risk of hanging as per playground regulations • Adult in charge should frequently visually check obstacle for entangled users	1	2	2
<b>Obstacle 9 – Tunnels</b>								
Hitting head on Tunnels	Users	1	2	2	• Helmets to be worn at all times	1	1	1
<b>Obstacle 10 – Wobbly Logs</b>								
Slipping on Logs	Users	3	2	6	• Logs can become slippery when wet so monitor carefully during adverse weather	2	2	4
<b>Obstacle 11 – Cargo Net &amp; Slides</b>								
Falls from Cargo Net	Staff & users	2	3	6	• Net checked for damage, including missing “egg” joints, before, during & after use • Users informed to climb away from edge of cargo net • Depending on size, no more 2 people on the cargo net at once	1	3	3
Collisions at exits from slides	Staff & users	2	2	4	• Users warned not to go down slide until landing area is clear • Users should exit landing area ASAP	1	2	2
Injury going down slide	Users	2	2	4	• Feet first & face up when going down the slide only • Instruct to keep arms crossed across their chest whilst going down slide • Instruct to try to land on feet on exit from slide not their bottom	1	2	2

**All the items below were considered in this checklist and weren't considered a risk at the time of the assessment:**

Plant and Machinery	Fire Safety	Gas Safety
Display Screen Equipment	Food Hygiene	COSHH
Hazardous Buildings/Glazing		



# FRYLANDS WOOD SCOUT OUTDOOR CENTRE

## Assault Course map



1. Tyre Slalom
2. Monkey Bars
3. Monkey Hoops
4. Chain Climb
5. Traversing Ropes
6. Ramps
- 7a. See-Saw / 7b. Balance beam
8. Spiders Web
9. Tunnels
10. Wobbly Logs
11. Cargo net & slides

Frylands Wood Scout Outdoor Centre  
Managed by Lewisham Scout District Council (Registered Charity No. 1001668)



## FRYLANDS WOOD SCOUT OUTDOOR CENTRE

### HOW TO WEAR A HELMET CORRECTLY



- ✓ **HELMET IS LEVEL ON TOP OF EYE BROWS**
- ✓ **CHIN STRAP IS FASTENED UNDER CHIN**



- ✗ **HELMET IS NOT LEVEL ON TOP OF EYE BROWS**



- ✗ **CHIN STRAP IS NOT FASTENED**



- ✗ **CHIN STRAP IS NOT UNDER CHIN AND IS TOO TIGHT**



- ✓ **PULL THE TABS AWAY FROM EACH OTHER TO TIGHTEN THE HELMET TO THE HEAD**

**CHECK THE HELMET BY SHAKING YOUR HEAD. IF THE HELMET MOVES AROUND, TIGHTEN CHINSTRAP AND REAR FASTENER THEN RECHECK**