

Horstead Centre, Rectory Road, Norwich, NR12 7EP

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www.horsteadcentre.org.uk

Risk Assessment: Zip

Reviewed: August 2021 Next Review Date: August 2022 Assessment undertaken by: Chris Martlew, Chief Instructor

L = LOW M = MEDIUM H = HIGH

Hazards	Effects	Who is	Risk		Methods to Avoid/Reduce Risk
Zip		effected	Likelihood	Consequences	Zip
Tripping/ slipping while climbing the gully	Bruising/grazing/ falling/rope burn	Individual	M	L	Clear safety briefing given by instructor Long sleeves and trousers will reduce the risk of cuts and scrapes Helmets must be worn at all times while on the black matting and whilst using the wall All climbers to wear a harness and be attached to a safety rope that is controlled by an instructor. Instructors to access and descend the gully to the zipwire using the Petzl Newton full body harness, webbing fall arrestor and Petzl Asap attached to the static rope fitted to the tower. Instructors to stop occasionally to make sure they push up the Asap to ensure it stays above them at all times to reduce any fall distance.
Insect bites	Stings, allergic reactions, anaphylactic shock	Individual	L	L/M/H	Have any personal medication available – ensure Group Leaders know how to administer epi-pens etc.
Falling off the platform	Death, serious/minor injury	Group	L	Н	Participants must always be attached to either the ascending rope or a suitable anchor at the top prior to being released The instructor must keep a clear line of site down the gully and out along the zip line
Equipment Failure	Falling, death, broken limbs	All	L	н	Pre-use equipment checks undertaken Equipment fitting checked and supervised by an instructor Unserviceable equipment placed removed and the senior instructor made aware.
Hair, fingers, clothing, jewellery or skin getting caught in the descending device	Panic, amputation, hair being pulled, cuts and crush injuries		L	M	Clear safety brief given by the instructor Jewellery removed before session Rescue knife available for ropes Peer supervision on the ground Continued supervision from the instructor Instructor to be knowledgeable of rescue procedures Long hair to be tied back and Buff style scarfs to be used to keep long hear away form the Gri Gri on descent. Clothing tucked inside harness
Damaged/Unsui table equipment	Death, serious/minor	All	L	Н	Pre-use equipment checks to be carried out

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Diocese of Norwich

Horstead Centre Residential Stays & Activity Days

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	injuries				Equipment fitting supervised and checked by instructors	
Weather	Increased in slip, trip hazard. Lightening hazard	All	н	М	Clean black matting and bolt-ons. Session to be discontinued in bad weather	
Animal droppings	Danger of droppings being blown off tower onto participants Illness disease	Individual	L	М	Wash hands after activity if required Clean tower and bolt-ons prior to session if needed	
Hitting branches, leaves, garden wall	Cuts, bruises, grazing, broken limbs	Individual	L	Н	Keep trees trimmed back and away from the wire Weight limit of 16 stone (102kg) Annual external ERCA inspections undertaken Eight weekly zip checks undertaken	