



Normal Operating Procedures 2016 .2

Last update: Tuesday, 07 June 2016

Updated by: Tony Baker

To be reviewed by: January 2017

To be reviewed by: Tony Baker

Contents Page

Contents	Page number
1. Introduction and Updates	2
2. Risk management strategy	3
3. General policies applicable to all session	4
3.1. Alcohol and drugs	4
3.2. Communication	5
3.3. EAP and absconding procedures on and off site	6
3.4. Equipment	11
3.5. First Aid	11
3.6. Inspections	11
3.7. Medication	11
3.8. Site safety and terrain	12
3.9. Staff	13
3.10. Technical experts	13
3.11. Weather	13
4. Activity specific NOP, sample session plan and risk assessment	15
4.1. Adventure Quarry	16
4.2. Archery	24
4.3. Body boarding	28
4.4. BOMA wheel chair	32
4.5. Bush craft	34
4.6. Canoe and kayaking	40
4.7. Catapult Building	47
4.8. Climbing and abseiling- including prussic wall	51
4.9. NMMC abseil	62
4.10. Climbing- Granite planet	66
4.11. First Aid training and assessing	69
4.12. Fishing	71
4.13. Hiking	75
4.14. Kite 2 harness and assisted climbing	79
4.15. Low ropes	82
4.16. Nature Trail, Circular Walk and orienteering (at BFA)	87
4.17. Off site (non remote) non adventurous activities and sports	91
4.18. Off site (Remote)	95
4.19. Problem solving	97
4.20. Quarrysteering	98
4.21. Quarry Swimming	108
4.22. Raft building	111
4.23. Snorkelling	115
4.24. Swimming on beaches	118
4.25. Temple run	122
4.26. Water Slide	126
4.27. Weaselling	129
4.28. Zip wire- accessible	132
4.29. Transferring, Moving and Supporting disabled people	138
5. Off-site assessments	146
6. Residential risk assessment	147
7. Instructor Sign sheets	

1. Introduction

This document outlines the activity specific requirements in the form of Risk Assessments, Normal Operating procedures (NOPS) and Session Plans and how we would normally expect to operate.

Updates

V2016.3

Update to ratios in reference to larger group sizes and competent assistants for NCS programmes. Specific changes to:

1. Kayaking - competent assistant deflations and ratios changed
2. Off site climbing - BFA level 3 can assist off site
3. Raft building - competent assistant defined

Outstanding Actions:

2. Activity Safety - Risk Management

2.1. Risks management:

1. All activities are risk assessed by an experienced Instructor
2. From the risk assessment a lesson plan and Normal Operating Procedure (NOP) is written and produced
3. A training, assessment and refresher schedule for each activity and ensures that all staff adhere to this through monitoring and training
4. Staff sign and date the NOP specific to the area of training and agree to work to the written standard

2.2. Information flow

5. Information flow is encouraged every morning during the morning briefing; information such as new risks, environmental factors and specific hazards relevant to the expected groups can be shared
6. There are quarterly H and S meetings chaired by the Centre Manager
7. Termly meetings are mandatory for the whole organisation

2.3. Session quality

8. Staff are observed daily through "walking the floor", this is a snap shot observation of a variety of sessions recorded in the delivery diary
9. On a more formal basis it is the aim of BF Adventure to observe a significant proportion of at least one session for every member of the delivery team per year. These will be logged in the personnel file
10. Performance reviews occur throughout the year to monitor performance

3. General Risk assessments

These policies apply through operation at BF Adventure and make up the bulk of our health and safety routine.

In addition to these we operate specific activity Normal Operating Procedures and also Site specific Assessments when operating off site.

3.1. Alcohol and drugs

Risk	Who it effects	How is this controlled?
Staff entering the day intoxicated / hung over (alcohol and or drugs) leading to poor judgements or impaired ability leading to injuries to themselves or service users	Staff, guests and the public	<ul style="list-style-type: none"> Staff will always present themselves fit to work Staff who are or suspected to be intoxicated or hung over will be asked to leave the site immediately and may face disciplinary action upon return
Service users gaining access to alcohol during their time at BF Adventure	Guests	<ul style="list-style-type: none"> BF Adventure in normal operating conditions runs an alcohol free site. Staff are not allowed to bring alcohol onto the site without the express permission from the Centre Manager On occasions, events will require alcohol (stag parties, corporate functions) and in these circumstances every effort is to be made to ensure that young people and the adult event do not share the site Any alcohol stored on site will be kept a secure place
Service users suspected of being hung over or intoxicated taking part in activities and causing harm to themselves or others through impaired ability		<ul style="list-style-type: none"> For service users actions see policy handbook
Substance misuse	service users	<ul style="list-style-type: none"> Please refer to the policy hand book substance misuse

3.2. Communication

Risk	Who it effects	How is this controlled?
Injuries worsening through poor communication between staff on site	Staff Guests	<ul style="list-style-type: none"> Instructors on site have access to radios to enable communication to the BF office Staff are encouraged to carry personal mobile phones which will be turned to silent during delivery BFA has a Grab bag phone which may be used if necessary located in the Centre Manager's office.
Injuries worsening through poor communication when operating offsite	Staff guests	<ul style="list-style-type: none"> Staff who operate offsite will carry a charged mobile phone and leave contact details with the Centre Manager / Team Leader

		<ul style="list-style-type: none"> During site assessments, care will be put into communication options and could include the use of VHF radios and mobile phones
Working alone at weekends leading to poor support from office staff and managers resulting in additional risk to the instructor and also to delays in medical response time	Staff and guests	<ul style="list-style-type: none"> The “grab bag” will be carried by the instructor which contains a larger first aid kit, mobile phone and useful information such as contact numbers and a step by step guide

3. 3. EAP and absconding procedures - on and off site

Emergency action plans at BFA have been developed to deal with possible emergency scenarios and include the following:

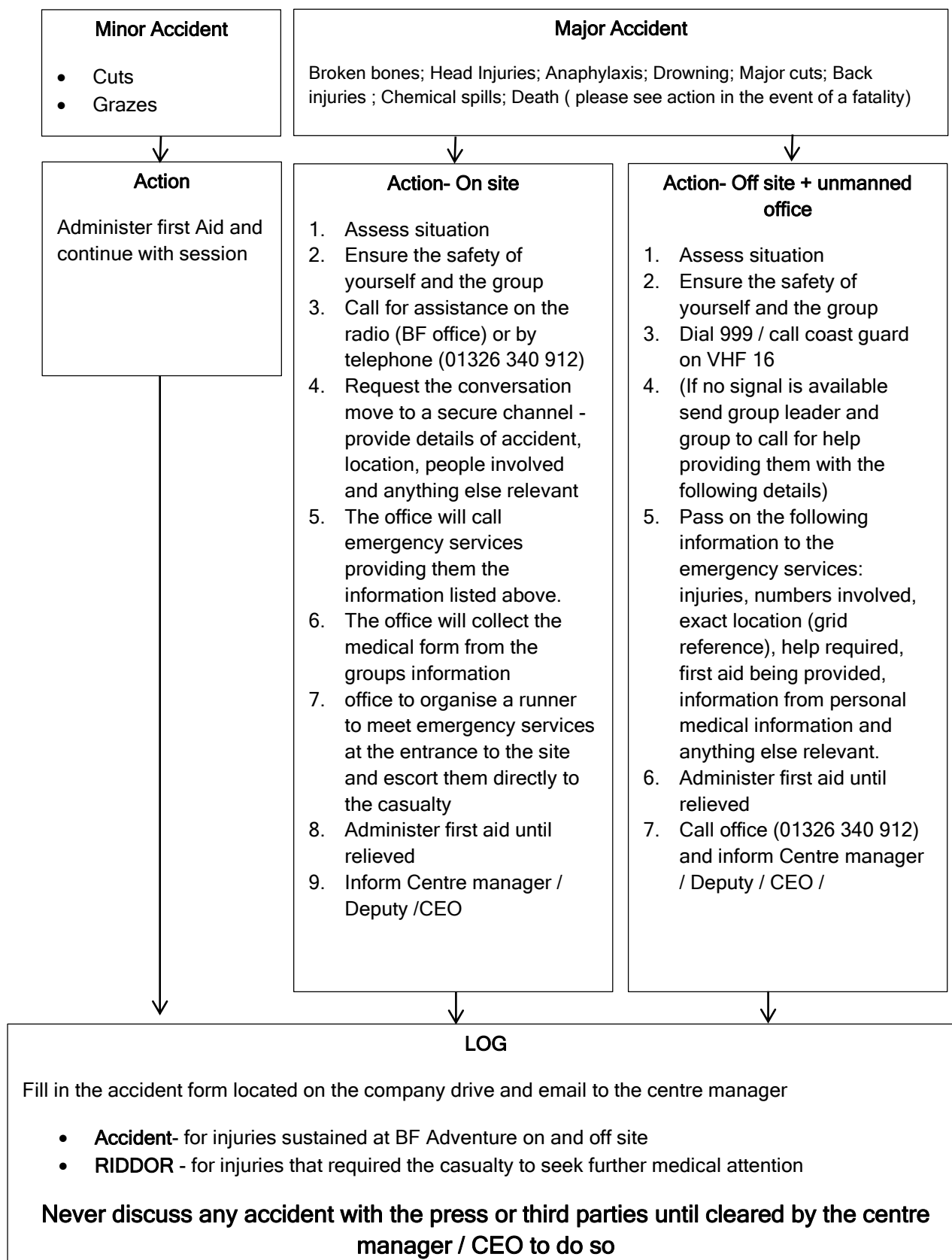
- Lost/absconded clients
- Accidents
- Incidents (violence/self-harm/illegal substances)

Staff are familiarised with these procedures and sign to say they have read and understood them.

Emergency action is also a part of activity Instructor training at BFA where Instructors practice scenarios specific to each discipline.

The next page highlights the action to be taken by instructors in the event of minor and major emergencies on and off site.

BFA Emergency Action Plan 2012



Contact Numbers

Centre manager-07833 096 875, 01209 842 523

Deputy CEO- 07977 935 954, 01209 820 678

CEO- 07851 152 324, 01872 571 680

Missing person procedures

Assess the situation

Age and Maturity and description

State of mind-are they out of character?

Likely whereabouts- has this occurred before?

History- why are they missing, has this happened before, have they breached bail?

Additional risks- are there specific factors that cause concern?

Location-Is their location a cause of concern?

High Risk procedures

People who at a high risk of injury from themselves, environment and / or the public

Examples of high risks are:

- Risk for self-harm
- Missing person is vulnerable
- Environmental conditions are poor / dangerous
- Missing person is in a poor state of mind
- Off site

Medium Risk procedures

People at low risk from the environment and themselves but possibly high risk from the public

Examples of medium risk:

- People acting / behaving safely in potentially hazardous environments
- People lost on site

Low Risk procedures

People out of line of sight and in a safe controllable situation when additional staff are called upon.

Examples of Low risk are:

- People on site
- People just out of line of sight
- People whose whereabouts are known and is communicable via radio to another member of staff
- People at no immediate risk

Initial Search

1. Ensure the safety of the group
2. Call for assistance on the radio or by phone (01326 340 912) from BF office, out of hours see numbers below
3. Start a 5 minutes search check toilets area, car park, office area

Action

4. Call the police 999- this will be done by office staff or out of hours staff (see numbers below)
5. Manager to contact parents / guardians / referrers

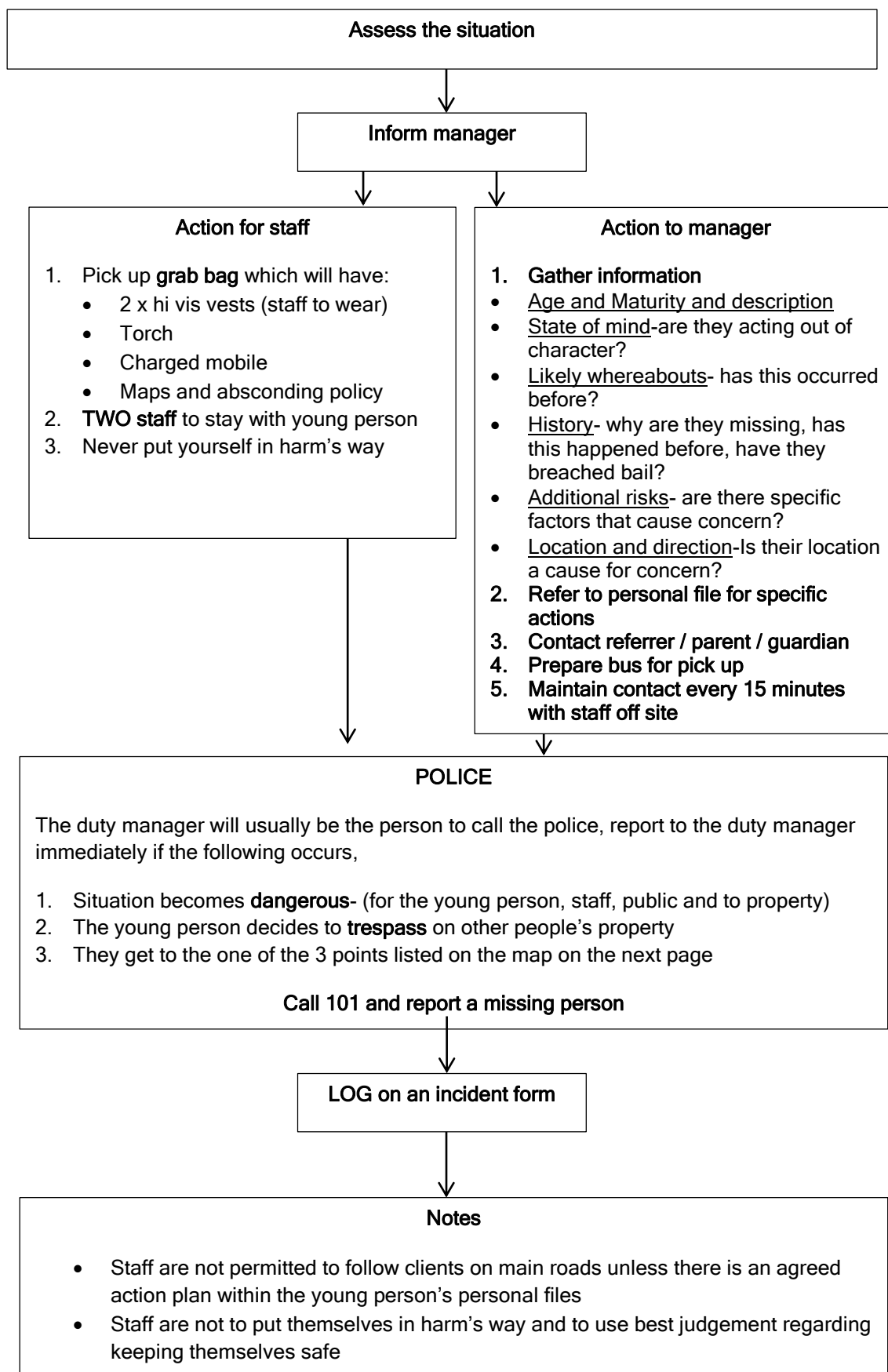
Action

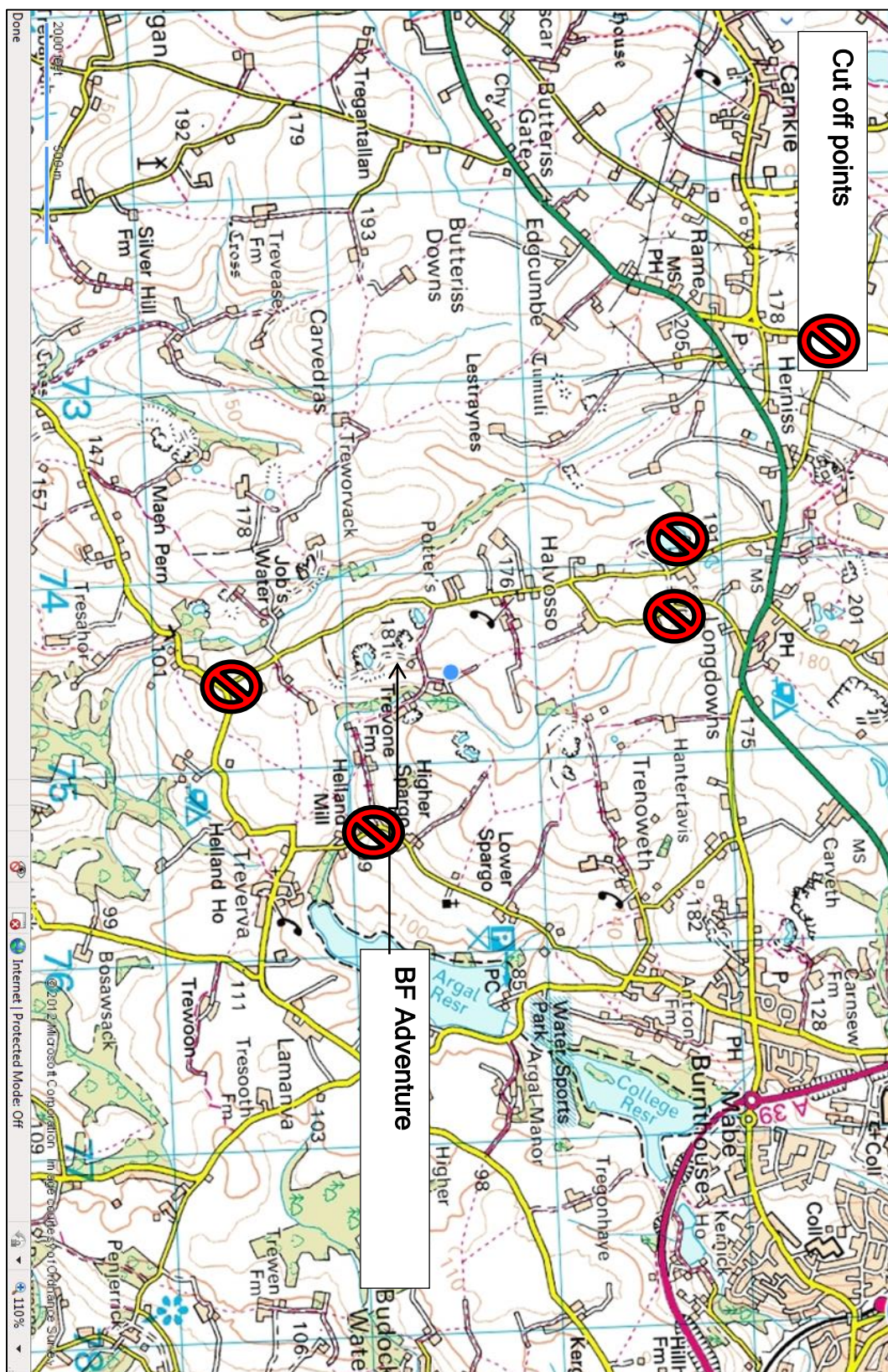
4. Following the 5-10 minute search a manager will coordinate all available staff for a site search for 30 minutes
5. A review at 30 minutes to decide if this warrants a change to HIGH RISK PROCEDURES, if not then search for a further 30 minutes
6. After 60 minutes missing change to HIGH RISK

Action

4. If found then arrange for supervision from additional staff
5. If not found move to MEDIUM RISK

Absconding procedures





Contact Numbers

Police general enquire line-101
 Centre manager-07833 096 875, 01209 842 523
 CEO- 07851 152 324, 01872 571 680

Managers Flow for Press and families in the event of an Emergency

In the event of a significant incident all staff are:

1. Only discuss the details with line Managers
2. Avoid talking to people outside of BF Adventure in case what is said get misrepresented to the press
3. Pass on all enquiries from friends, relatives and professionals to the Duty manager
4. Make factual notes using BF Adventure incident and Accident forms

During investigation Holding statement

Duty manager's response to all enquiries external to BF Adventure

"We are aware that an incident has occurred and we will be issuing a statement once investigations have been taken and all associated parties have been informed and consulted. We take all incidents seriously and pride ourselves of our high standards of safety of service and wish to maintain these standards though our investigations"

Official Press releases

These will be created by the CEO with support of the Senior management team. In the absence of the CEO this responsibility falls to the chair of the Trustee's.

3. 4. Equipment

Risk	Who it effects	How is this controlled?
Equipment failing due to improper storage, maintenance, inspections and or use leading to injuries to users and participants	Staff, guests	<ul style="list-style-type: none"> All equipment operated at BF Adventure (activities, office and maintenance) will be operated as described in specific risk assessments Legislation governing the use of, inspection and or maintenance will be followed and logs kept accordingly Only the people assessed as safe will be able to use the equipment unless express authorisation is granted by the Centre Manager
Activity equipment failing due to improper checks	Staff, guests	<ul style="list-style-type: none"> Equipment is checked every half term and during the summer holidays by designated and competent staff Logs are kept for future reference
Unauthorised use of equipment leading to injuries	Guests and the public	<ul style="list-style-type: none"> All equipment will be stored and locked away at the end of the day When equipment is not in use during the day reasonable measures should be made to make the activity inaccessible to unsupervised service users and members of the public Any equipment likely to cause harm (chainsaws, archery equipment etc) will be secured when not in use

3. 5. First Aid

Risk	Who it effects	How is this controlled?
Injuries worsening due to staff not knowing first aid	Staff Guests	<ul style="list-style-type: none"> All the delivery team must have a current and valid first aid qualification At least 50% of the office staff will hold a valid first aid qualification
Lack of adequate first aid supplies leading to injuries worsening	Staff, Guests	<ul style="list-style-type: none"> All delivery staff to carry bum bag first aid kits Large first aid kit to be located in the grab bag First aid bum bags to be checked half termly to ensure they are adequately stocked up Personal first aid kit are issued to staff who work frequently, these are constantly maintained by the staff being issued with them and checked in line with our standard first aid kit checks

3. 6. Inspections

The following inspections at BFA take place on an annual basis:

- Activity safety - Adventure Activities Licensing Service (2 yearly)
- Type C inspection for the zip wires

3. 7. Medication

Risk	Who it effects	How is this controlled?
------	----------------	-------------------------

People experiencing difficulty due to personal medication not being made available / pre existing medical conditions causing injury	Staff Guests	<ul style="list-style-type: none"> • Guests are required to complete a medical form prior to sessions and are expected to carry medication • Staff are required to complete a personal information sheet and list medication on this • Activity and challenge are to be suitable for the participant
Administration of medication being inadequate due to lack of training leading to conditioning worsening	Guests and staff	<ul style="list-style-type: none"> • BF staff are not qualified to administer medication so users of the site need to take reasonable precautions while at BF adventure • In certain circumstances authorised by a manager, staff can administer medication if a medication sheet has been completed
Unsecured medication being misused by service users leading to illness and injury	Guests	<ul style="list-style-type: none"> • All medication to be carried by service user or group leader • Staff are not normally expected to carry medication unless pre arranged with the service user • Medication can be stored in reception in a secure cupboard but is done so at the services user's own risk
Misuse / administration of medication causing harm to service users	Guests	<ul style="list-style-type: none"> • All medication on site need to have a BF medical form completed. Actions and advice must be followed and only people with the stipulated experience / training / permissions can administer medication.

3. 8. Site safety and terrain

Risk	Who it effects	How is this controlled?
Sprains and twisted ankles due to poor footwear	Staff Guests	<p>All guests are informed and all staff adhere to wear the following shoes on site: Acceptable shoes on site are:</p> <ul style="list-style-type: none"> • Trainers • Boots • Wellington boots <p>The following footwear is not acceptable and must not be worn by anyone staying on site:</p> <ul style="list-style-type: none"> • Flip flops • Open toed sandals e.g. 'reefs' • 'Espadrilles' i.e. canvas shoes with rope soles • Crocks

3. 9. Staff

Risk	Who it effects	How is this controlled?
Injuries to guests due to inadequate staff skills and capabilities	Staff Guests	<ul style="list-style-type: none"> Staff running sessions will have training / inductions in line with the activity NOP On recruitment staff will be selected based on their experience, attitude and references Staff are monitored regularly to ensure NOP are being followed 6 month reviews and annual performance reviews provide a structured feedback for staff Training is planned at regular intervals throughout the year
Guests and staff having a negative experience resulting in misadventure and physiological damage	Guests Staff	<ul style="list-style-type: none"> BF adventure will operate a "Challenge by Choice" policy which puts users in control of their adventure. Staff will receive basic training with this Staff will be monitored and feedback provided

3. 10. Technical advisors

A technical Advisor is someone with a recognised level of specific expertise, higher than is required for leading or supervising an activity at the level offered. BFA uses a number of these Advisors to qualify staff through an 'in-house' process of certification where there is a higher degree of risk, and to advise BFA on any developments in policy and procedure.

3. 11. Weather

Risk	Who it effects	How is this controlled?
Injuries worsening due to inappropriate clothes being worn	Staff Guests	<ul style="list-style-type: none"> Groups sent out a suggested equipment list before arrival to BF adventure A selection of coats and boots are available to borrow Staff have access to uniform (coats, waterproof trousers) Weather forecast obtained in the morning briefing and staff informed. Issues and activity concerns and or restrictions communicated in the morning briefing
High winds causing branches to fall leading to impact injuries	Staff, guests	<ul style="list-style-type: none"> Wooded areas to be avoided in high winds (force 5-6) Areas to be visually checked after high winds for obvious signs of damage and hanging branches.
Lightning strikes striking people leading to injuries and death	Staff, guests	<ul style="list-style-type: none"> Observing a lightning strike activities are to cease for 20 minutes or until the "go ahead" had been authorised by a manager
Cold and snowy conditions leading to hypothermia	Staff and guests	<ul style="list-style-type: none"> Conditions below freezing points are to be considered individually based on the following circumstances: <ul style="list-style-type: none"> Age of group Group background Activity in question Subsequent impact on resources (frozen pipes, iced up roads, activity closures) Equipment available Learning outcomes

Hot weather leading to heat exhaustion and heat stroke	Staff and guests	<ul style="list-style-type: none"> • Water taps positioned around site • Shelters and group spaces available • Clients advised to wear sun tan lotion • Programme pitch and pace changed to match groups ability
--	------------------	--

4. Activity Specific NOP

The following procedures are run alongside the general risk assessment located in section 3 of this folder

The following section lists in detail all the activities BF Adventure operates, each section contains the following documentation:

Normal Operating Procedures

- A quick list of must do behaviours that are present during a session

Session Plan

- This details the framework in which the risk assessment and NOP are produced from. All sessions should operate within the framework

Risk Assessment

- This details the process of how risk is managed on sessions

4.1. Adventure Quarry NOP (Includes spiders web, shrinking islands, the wall, rope bridges, cargo net, plank crossing, raft crossing, gabions, duck island crossing and scramble net)

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflict of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. BFA Trained
- 1.2. 2 year refresher

BF 2. Ratios

- 2.1. 1:12
- 2.2. Some activities would require additional staff (gabions, raft crossing) for certain groups

BF 3. Location

- 3.1. Adventure quarry

BF 4. Storage, inspections and maintenance

- 4.1. Most equipment is stored on location, some is stored in the container by the accessible zip wire

BF 5. EAP

- 5.1. On site activities

BF 6. Adaptations for groups with disabilities

Adventure Quarry Sample lesson plan

Typical session length	1.5 hours - 3 hours (although variable)
Aims and objectives	To encourage team work To develop cognitive and communication skills To be fun and engaging To be safe
Equipment Needed	All equipment is set up except the spiders web Blindfolds and other equipment can be used to add challenge to the activity
Set up notes	Check the quarry before use Set up the spiders web as needed Visual check of apparatus before use
Introduction	Introduce yourself and gain rapport with the group Introduce challenge by choice Safety rules, stay together, listen to instructions Medical information
Main Delivery	The main delivery is dependent on the group and their aims for the day. The adventure quarry can be used so each activity leads onto the next or activities can be used in isolation as a warm up or break out activity. Each separate activity should have an element of safety briefing; this can be guest led or instructor led. In both situations all relevant areas of safety highlighted in the NOP and risk assessment must be covered and understood by the group and group leaders
Summary	These can be done to fit the group's needs, reviews can take place at the end of the activity, at the end of the task or randomly throughout the session.
Pack down	Pack away the spiders web and leave the activity area as you would expect to find it Lock the adventure quarry bottom gate after use

Adventure Quarry Risk assessment

Hazards	Unauthorized access Water Non swimmers Rock falls Ice Spiders web Shrinking islands, plank crossing, gabions and duck island crossing Plank crossing Rope bridges Raft challenge Cargo net Wall scramble net
---------	--

Risk	Who it effects	How is this controlled?
Unauthorized access leading to drowning, impact injuries, falls from height, crush injuries and more	Public	<ul style="list-style-type: none"> The main gate, the top entrance and the accessible abseil is locked when not in use On arrival guests are advised not to pass any gate unless accompanied by an instructor Staff to be vigilant of unauthorised access
Falling into water and drowning	Staff Guests	<ul style="list-style-type: none"> The depth of the quarry is less than 1 M (see gabions and raft risk assessment) Life rings are positioned around the quarry to aid rescues Instructors are prepared to enter the water should the need arise When the gabions are all covered the water becomes too deep <u>and buoyancy aids must</u> be worn When there is a 30cm gap between the water and the top of the first gabian the water is too low and cannot be used The protocol for rescues is: <ol style="list-style-type: none"> Coach- talk to them to stand up Reach- gabion plank Throw- use the life rings Go- wade in
Non swimmers and people with disabilities not being able to stand up leading to drowning	Guests	<ul style="list-style-type: none"> Staff prepared to enter the water to provide assistance Any equipment utilised by the participant to aid them in their disability must not become a hazard should they enter the water
Falling into the water and hitting rocks leading to impact, back and or head injuries	Guests Staff	<ul style="list-style-type: none"> The two water activities (raft crossing and gabions) are in water deep enough to avoid these types of injuries
Evacuation from the water	Guests Staff	<ul style="list-style-type: none"> The easiest form of evacuation is by walking / floating / towing people across the water A raft is available to move people around if necessary
Rock falls and stone being dislodged by climbers leading to crush and head injuries	Guests Staff	<ul style="list-style-type: none"> All staff look at the quarry for signs of instability and feed back to the centre manager as and when Unstable areas are:

		<ul style="list-style-type: none"> ○ The NW corner of the quarry- the path has been rerouted to avoid this area ○ The viewing square, this has marking to monitor any movement • Participants on climbs are controlled and routes are well used to avoid loose stones • One area of potential instability by the viewing square has monitoring marks and is inspected regularly
When the lake is frozen. Participants falling through the ice and becoming trapped under the ice leading to distress and possible drowning	Staff Guests	<ul style="list-style-type: none"> • Falling into the water is unlikely and rarely happens but should the adventure quarry be frozen then it can only be used if the ice breaks when lightly pushed (so it is very thin) • Spare clothes, warm drinks and foil blankets should be available on location to warm people up should immersion in the water occur • Very young people will not be allowed to use the water if it is frozen, see the duty manager on the day for clarification on this decision
Spiders web		
Touching of sensitive areas during the lifting leading to allegations of abuse	Guests Staff	<ul style="list-style-type: none"> • Participants are encouraged to face up when being passed through the web • Staff to remain vigilant during the lifting
Hyper extension and injures from being dropped / lowered onto the web	Guests	<ul style="list-style-type: none"> • The spiders web is made from stretchy bungee and will stretch • Group coached / demonstrated on how to lift people • Team work encouraged
People being dropped leading to impact injuries	Guests	<ul style="list-style-type: none"> • The instructor to maintain group control • People only lifted when adequate support in place both sides • Participants briefed to focus attention onto back head and neck when lifting as a priority to keep safe • The head, neck and back will be encourage to pass through first so the "receivers" have easy access to these and can maintain a better grip • Instructor to help if necessary • Participants to only be passed through the holes and underneath i.e. not over the top
Shrinking islands , gabions, plank crossing and duck island		
Falling from the platform leading to impact injuries	Guests	<ul style="list-style-type: none"> • Good briefing highlighting best practice that is stepping down is better than falling down • Spotter(s) in place at the bottom • Wood chippings are in place to soften a fall
Participants falling onto other people resulting in crush injuries	Guests Staff	<ul style="list-style-type: none"> • All spotters have received training or have received guidance from the instructor on correct spotting technique i.e. good stance, hands up and ready
Multiple people falling off together resulting in crush injuries	Guests	<ul style="list-style-type: none"> • During the briefing people are instructed on the "let go" command and its importance • Challenge levels are set appropriately • Spotters used
Apparatus failing due to overloading leading to	Guests	<ul style="list-style-type: none"> • All areas visually checked before use and half termly during equipment checks. All signs of wear

falling and crushing injuries		and tear or concern should be reported to the team leader and maintenance <ul style="list-style-type: none"> Shrinking islands has a maximum capacity of 12 people
People falling down or onto apparatus resulting in crush injuries	guests	<ul style="list-style-type: none"> Apparatus designed to minimize chance of falling onto itself Good instructor awareness Appropriate challenge for the group No jumping between the gabions, all participants encouraged to use the planks to cross
Plank crossing- crush injuries from fingers / toes being caught between the planks and the stumps	Guests	<ul style="list-style-type: none"> Good briefing with demonstration if required Instructor assistance if necessary (younger groups)
Plank crossing and gabions only- manual handling injuries while moving planks	Guests Staff	<ul style="list-style-type: none"> Planks are as light as possible without compromising safety People shown how to safely move the planks or people educated how to move them during the activity
Planks being overloaded and breaking leading to impact injuries	Guests	<ul style="list-style-type: none"> 3 people to a plank maximum
Duck island equipment failing leading to impact injuries and drowning	Staff, guests	<ul style="list-style-type: none"> Equipment inspected before hand by staff for security and stability Users limited to 4 per activity station or 2 per tyre Water height is a maximum of 1 meter. Staff should be prepared to enter the water to assist people as necessary PFD's can be used with specific service users based on individual risk assessment (i.e. people with epilepsy, very small children etc) No jumping between apparatus and support and team work encouraged
Water related hazards and control measures- refer to the start of the risk assessment		
Rope bridges		
Overloading the bridge resulting in critical failure and the bridge collapsing	Staff Guests	<ul style="list-style-type: none"> Signs stating load bearing capacity on each end of the bridge, this is a maximum of 6 people
Wear and tear leading to critical failure and the bridge collapsing	Staff Guests	<ul style="list-style-type: none"> Annual inspection from wire rope inspector / engineer
Slipping or tripping on the bridge leading to cuts and grazes as a result of the natural bridge movement	Staff Guests	<ul style="list-style-type: none"> All users must only walk on the bridge, running is not permitted Signs in place to reflect this
Raft crossing		
Raft being overloaded and tipping over resulting in distress and possible drowning	Staff Guests	<ul style="list-style-type: none"> Estimated safe working capacity is 210 KG (3 x average male at 70KG) Sensible behaviour encouraged Staff to monitor activity
People on wheelchairs falling into the water	Staff Guests	<ul style="list-style-type: none"> <i>This is a higher risk activity with the benefit for the participant being a very rewarding, sensory stimulating and a fun challenge. The following needs to be considered:</i>

		<ul style="list-style-type: none"> Is the chair suitable for the activity (good brakes, good for above water use, participant easily escapable from the chair)? Is there enough support at either end and on the raft? Is the raft stable enough- will the people on the raft understand the dynamics of its stability? Is the participant able to communicate their level of comfort within the challenge? Control measures: <ul style="list-style-type: none"> 2 people (including the participant) on the raft maximum The additional person (member of staff if confident) should be confident to operate the chair safely Only light chairs to be used i.e. no motors. BFA has a selection of low suitable chairs Weight should be low and movement slow and controlled Instructor to maintain excellent group control through challenge Permission from the duty manager / team leaders must be gained before the challenge takes place Adequate support at either end must be in place to facilitate a smooth transition on and off the raft The instructor and one other competent adult must be prepared to enter the water to provide assistance should the raft tip over Participants in chairs must not be tied into them and restraints removed.
Jumping off the raft and landing short resulting in impact injuries and also knocking other raft users off in the process	Guests	<ul style="list-style-type: none"> no jumping off the raft, only controlled dismounts and launches
Crush injuries from fingers and other limbs being caught between the raft and the bank	Staff, guests	<ul style="list-style-type: none"> Staff to monitor and if necessary brief the participants engaged in raft activities
In the water see start of risk assessment		
Cargo net		
The cargo net collapsing due to overloading leading to crush and impact injuries	Staff and Guests	<p>The anchor points are untested and the net has no operational limit associated to it so the below is the suggested maximum operational limit based on previous experience and observations:</p> <ul style="list-style-type: none"> Children- up to 8 young people + 1 instructor Adults- 2 x adults + an Instructor The net to be checked half termly and recorded in the safety checks
People falling onto the net resulting in injuries from hitting the knots and soft tissue injuries if limbs become trapped in the holes	Guests	<ul style="list-style-type: none"> Participants told to sit on the side and carefully lower themselves onto the net Support provided from the instructor as necessary People are not forced to do the activity

People becoming trapped in the net while moving over it	Guests	<ul style="list-style-type: none"> Participants are shown 2 methods of manoeuvring over the net: Crawling Rolling sideways Staff on hand to provide assistance
Participants becoming stuck in the net and unable to get out leading to distress	Guests	<ul style="list-style-type: none"> Staff to coach people out where possible Additional support can be found by calling the BFA office using a radio People are not forced to do the activity and people are made aware of the hazards before undertaking the activity
Loose items falling into the water	Guests Staff	<ul style="list-style-type: none"> Participants are briefed to remove any loose items from their person or secure them away in closed pockets
Evacuations - people from the net being slow resulting in deterioration of emotional state and physical condition	Staff Guests	<ul style="list-style-type: none"> Support can be gained from the BFA office should someone need evacuating from the cargo net In the case of an unconscious casualty priority needs to be put towards his first aid (DR ABC). Once a stable air way is established then a number of staff should be involved in evacuating the casualty to the nearest platform If the casualty is not in a position where they can / should be moved then the emergency services should be called to offer assistance
Scramble net		
Slipping, tripping and falling from the scramble net or roped down climb leading to injuries and falls from height	staff, guests	<ul style="list-style-type: none"> The cargo net is secured using 6 x 10mm Petzl stainless steel hangers into good quality granite. The net is supported by a wire rope along the top. The rope down climb is placed around a large boulder backed up by 2 x 10mm petzl hangers. The rope is very thick so is strong and easy to hold The scramble net and roped down climb is to be used 1 at a time, staff can support / spot people if necessary by climbing onto the net or spotting from the bottom. Staff need to consider their personal safety when do this. People who find climbing the net difficult should be shown and supported If people choose not to do this then the raft or walking around the outside of the quarry are alternative routes.
delays in evacuating people from the area above the scramble net due to terrain leading to delays in medical treatment	Staff, guests	<ul style="list-style-type: none"> People accessing the area above the Scramble net should be comfortable with the scramble net and not forced into it Support can be offered to enable people to climb but consideration needs to be provided about the participants ability to exit the area safely Egress from the top is very tricky should someone become injured, call the DM for support and advice should this become necessary If moving injured people does become an issue then call the emergency services and stabilise the casualty in position.
Falling from the path into the quarry, this is a fall from height of about 2 meters and could	Staff, guests	<ul style="list-style-type: none"> Water here is very shallow, about 1 meter so staff can access this by wading into the water to support the casualty

result in impact injuries and possibly drowning		<ul style="list-style-type: none">The path is wide but uneven. Groups taken up above the scramble net should be steady on their feet or additional support set in place to assist people
---	--	--

4.2. Archery NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflict of procedures is superseded by this activity specific document.

BF 1. Qualification

- 1.1. BF trained minimum, GNAS recommended. At least one person at BFA will be GNAS qualified to oversee policies
- 1.2. Update every 2 years

BF 2. Ratios

- 2.1. 2 archers per target with a suggested ratio of 1:8
- 2.2. The ratio can be extended for up to 12 people if there is an adult to assist and supervise the group waiting to shoot

BF 3. Location

- 3.1. These are the permitted sites:
 - Camp site gate
 - Top field
 - Lower field shooting into amphitheatre (reserve site and not set up)
 - Marquee over the winter
- 3.2. Offsite- All offsite venues must be risk assessed prior to use and must meet the following conditions:
 - 50M + clear overshoot that stems from the shooting line at 45 degrees that has no access to members of the public or other users
 - Clear shooting area
 - Clear safe areas
 - Equipment areas
 - Must be agreed with the Centre Manager

BF 4. Storage, inspections and maintenance

- 4.1. All equipment is stored at Archery 1
- 4.2. Arrows are located in the centre manager's office
- 4.3. Termly checks are carried out and stored in the Centre Manager's office

BF 5. EAP

BF 6. Adaptations for groups with disabilities

- 6.1. BFA has an adapted bow stand that can be used on sessions

Archery Sample lesson plan

Typical session length	1.5-2hrs
Aims and objectives	<p>To ensure participants are as safe as necessary</p> <p>To enthuse participants through a very quick taster session of archery and basic coaching</p> <p>To provide an enjoyable session</p>
Equipment Needed	Bows, arrows, arm guards, targets
Set up notes	<p>Place targets on the bosses</p> <p>Place quivers into the ground</p> <p>Check that any other sessions running do not conflict with the session (zip wire etc)</p>
Introduction	<p>Build rapport- introduce yourself, the session</p> <p>Aims and objectives for the session- agree with the group</p> <p>Safe zones-shooting, waiting, no go zone</p> <p>Stop command</p> <p>Previous experience</p> <p>Safety rules</p>
Main Delivery	<ul style="list-style-type: none"> • This is a general overview of how the session should run. Games and coaching can vary massively depending on the group and their experience. • Explanation and demonstration: • Introduced all the equipment to the group • Demonstrate how the equipment works safely • Explain appropriately how to shoot effectively and safely • Coaching: • A combination of individual and group coaching should be applied here in order to reach a basic level of competence. • Guests should have initial coaching and on-going coaching on technique in order to gain as much skill as possible • Activity; a series of games and scoring can be used to make the session fun and enjoyable.
Summary	The session should be reviewed to draw out learning and where necessary, learning points and actions are taken into account for their next session
Pack down	Store the equipment as shown on your latest training

Archery Risk assessment

Hazards	Arrows Bows Shooting Overcrowding Over drawing Marquee
---------	---

Risk	Who it effects	How is this controlled?
Walking, tripping and falling into the arrow when collecting the arrows from the target leading to face and chest injuries	Staff Guests	<ul style="list-style-type: none"> Always walking on the range Good demonstration and explanation (maybe practice) on how to collect the arrows safely Collecting arrows may not be appropriate for all group, instructors to assess this during delivery Range maintained to avoid trip hazards trained staff on sessions
People being hit in the eye from peers as they pull arrows out of the target	Staff Guests	<ul style="list-style-type: none"> Only one person per side of the target may pull arrows out Instructors teaching people how to pull out the arrows and also check to see if the area around them is safe and clear of other participants
Walking into arrows on the floor when collecting arrows leading to cuts to shins	Staff Guests	<ul style="list-style-type: none"> Always walk on the path Instructors to track the arrows that fall short and inform the group to be careful Guests instructed to walk down the centre of the range or down the side of the range where there will be significantly less arrows Trained staff on sessions
Arrows hitting people in the eyes while be carried	Staff Guests	<ul style="list-style-type: none"> Participants shown how to safely carry arrows Participants monitored by the instructor Arrows are placed in the quivers when not being carried or shot Trained staff on sessions
Over drawing injuries leading to injuries to people on the shooting line	Staff Guests	<ul style="list-style-type: none"> All arrows are long arrows to reduce this risk Staff trained to recognise over drawing
Bows breaking leading to injuries to the users	Staff Guests	<ul style="list-style-type: none"> Bows checked half termly and when being strung up Bows appropriately sized to participants Trained staff to check bows
Bruising to inner arm while losing the arrow	Staff Guests	<ul style="list-style-type: none"> Arm braces used when appropriate Long sleeves recommended for all users Staff trained in the appropriate use of equipment
Hair and loose items becoming caught in the bow string during loosing leading to poor shots and potential small injuries	Staff, Guests	<ul style="list-style-type: none"> Long hair tied back and the bow string is free from obstructions (i.e. coats tassels, necklaces)
Being hit by arrows leading to severe injuries and death	Staff Guests Public	<ul style="list-style-type: none"> Trained coaches on sessions teaching appropriate techniques to a minimum of BF Adventure archery training Guests monitored for safe behaviour

		<ul style="list-style-type: none"> • Session stopped and people excluded for poor behaviour • 50 M+ overshoot area or large embankment to reduce the risk of members of the public being shot • The area behind the range will be inaccessible to the public • The use of a net will be used on Archery 2 • Red flags used to warn others that archery is in progress • The zip wire and archery will not run at the same time • When arrows and bows are loaded then it is taught that the arrow will only point at the target • Guests will not enter the “no go” area unless instructed by the coach • The area behind the Archery 1 and 2 do not have any sessions that run there on a normal basis. Use of the area behind the ranges is strictly controlled by the programme team and managers to eliminate the risk of injury.
The coach being distracted as too many people are in and around the shooting area / line leading to a variety of injuries	Staff Guests Public	<ul style="list-style-type: none"> • Only people actively shooting will be allowed on the shooting line • People not shooting will be in the waiting area • Only 2 people per target can shoot (excluding people coaching them) • Suggest Ratio of 1:8
Overdrawing especially on the larger bows with junior arrows leading to shooting injuries on the hand holding the bow	Staff, guests	<ul style="list-style-type: none"> • Only long arrows are to be used on the larger bows, these are identified with red tags • Staff trained on over drawing, how to recognise and coach if necessary
Marquee framework leading to bounce back and potential impact injuries	Staff, guests	<ul style="list-style-type: none"> • The central main vertical support will need some padding to reduce the severity of the bounce back • The net is to be strung up across the width of the range behind the targets

4.3. Body Boarding NOP

Managed by	Tony Baker (input by John Craze)
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment, any conflict of procedures is superseded by this activity specific document.

BF 1. Qualification

- 1.1. BFA in house training

BF 2. Ratios

- 2.1. 2 : 10 (one instructor must stay on the water's edge)

BF 3. Location

- 3.1. Any site assessed lifeguarded beach
- 3.2. The session must operate between the red and yellow flags
- 3.3. No session must run with red flags flying
- 3.4. Participants must be able to stand and must not go deeper than waist depth in the water.

BF 4. Storage, inspections and maintenance

- 4.1. All equipment is stored in the equipment store
- 4.2. Wetsuits and rash vests are to be soaked for five minutes in a mild disinfectant barrel (Milton 1:20), then in a fresh water barrel after the session.
- 4.3. Wetsuits should then be hung on plastic hangers inside out with the left arm outer most, the zip and Velcro should be fastened to prevent damage and to ensure they remain on the hanger.
- 4.4. Wetsuits once dry should be inspected for damage then returned to the rack in the correct size location.
- 4.5. Once dry, rash vests must be folded and returned to plastic storage box.
- 4.6. Body boards and leashes are to be washed down after every session and leashes are to be checked and Velcro de-furred.
- 4.7. Any damaged items must be reported immediately (ASR or CM) and taken out of circulation.

BF 5. EAP

- 5.1. The instructor will signal to all participants the return to shore signal and use three whistle blasts where necessary to gain their attention.
- 5.2. One instructor can then affect a rescue using a tube or body board whilst the other instructor supervises the rest of the group onshore.
- 5.3. If both instructors are occupied with the emergency then two participants can be used to call 999 from the emergency phone or fetch the dry bag.
- 5.4. The duty lifeguards will be able to assist BFA staff in matters which are beyond the capability of the instructor.
- 5.5. BFA staff are expected to deal with first aid incidents and emergencies within their capabilities.
- 5.6. Normal EAP applies in both situations.

BF 6. Adaptations for groups with disabilities

- 6.1. Lower the staffing ratios dependant on need.
- 6.2. Provide assistance pushing and pulling body board into surf.
- 6.3. Wear buoyancy aid where appropriate.
- 6.4. Select the best conditions to suit need.

Body boarding Sample lesson plan

Typical session length	1.5 hours
Aims and objectives	<p>To learn how to body board safely</p> <p>To catch waves and have fun</p> <p>To learn about the surf environment</p>
Equipment Needed	<p>Wetsuit per person</p> <p>Body board per person</p> <p>Whistle</p> <p>Rescue tube</p> <p>Marker flag</p> <p>Dry bag</p> <p>First aid kit</p> <p>Charged mobile phone</p> <p>Survival bag</p> <p>Water bottle</p>
Set up notes	<p>Off-site form and weather/surf forecast</p> <p>www.magicseaweed.com</p> <p>http://magicseaweed.com/UK-Ireland-Live-Surf-Webcams/1/</p> <p>www.metoffice.gov.uk</p> <p>Touch base with beach lifeguard</p> <p>Before departure; slip, slop, slap, staying together on beach, appropriate behaviour/language, check for medical conditions (asthma, inhaler carried etc.)</p> <p>Once at the beach the instructor must liaise with the lifeguard on duty at water's edge, briefly explain the session and check that the conditions are suitable. Instructors will follow any advice given.</p>
Introduction 10 minutes 10 minutes	<p><i>Soft sand area;</i></p> <p>group are asked about previous experience and swimming ability, then briefed on; flags, rips, waves and current conditions, weaver fish, lifeguards, emergency phone location, first aid kit, toilets, other beach users, buddy system, changing in public places.</p> <p>A wetsuit will be issued per person and sized by holding the suit up against the back of the client, consideration must be made to where the group gets changed (see site assessment)</p>
Main Delivery 15 minutes 30 minutes	<p><i>Wet sand area;</i></p> <p>Group made aware of where they can operate and how this can be identified; maintaining position in centre of red and yellow flagged area, staying at waist depth, wading out not paddling, Communication using whistle and hand signals, buddy system in water.</p> <p>Attaching leash correctly, positioning board to avoid injury</p> <p>Coaching on how to catch a broken wave; wading out and negotiating surf, wave selection (and etiquette), turning, pushing off the bottom, body position (trim), stopping, wiping out and resurfacing safely,</p> <p>Instructor to demonstrate wading out and catching a wave</p> <p>Play</p> <p>Participants are encouraged to operate close and get to grips with the skills required to catch broken waves straight in towards the beach. This is wrapped by a short review and further coaching on arm positioning and trimming left and right on a wave.</p>

30 minutes	Progression The session is tailored to meet the group's needs now they have had a go at basic skills. Catching better waves, trimming left and right etc. can be practiced, if conditions are small and suitable catching unbroken waves. <i>getting changed</i>
10 minutes	
Summary	Did the group have fun and what did they learn?
Pack down	Clean and check all equipment, hang up wetsuits/rash vests

Body boarding Risk assessment

Hazards	Weather Dry sand area Wet sand area Water Waves Rips and currents Sea bed Other users Body boards Sewage
---------	---

Risk	Who it effects	How is this controlled?
Sunburn, heat stroke, heat exhaustion,	Staff, Clients	<ul style="list-style-type: none"> • Sun cream, sunhat, sunglasses • Sit in shaded areas • Hydration.
Hypothermia.	Staff, Clients	<ul style="list-style-type: none"> • Appropriate wetsuits for sea temperatures • Operating activity in summer months • Warm clothes, warm drinks, survival bag.
Fog - reduced visibility, disorientation, losing clients,	Staff, Clients	<ul style="list-style-type: none"> • Leaving water if fog bank approaches. • Do not continue activity if foggy on arrival. • Do not continue activity if red flag is raised.
Lightning - electric shock, heart failure.	Staff, Clients	<ul style="list-style-type: none"> • If lightening is seen leave the water, • Follow the 20 minute rule.
Buried objects, glass, stones, needles, discarded fishing equipment, tide line debris	Staff, Clients	<ul style="list-style-type: none"> • Wear appropriate footwear in dry sand area • Avoid areas where these items are more likely to be found. • Instructor pick a clear line through tide line if heavy
Tripping, uneven terrain, stones and pebbles.	Staff, Clients	<ul style="list-style-type: none"> • Inform clients of any trip hazards etc. and advise them to watch their foot placement • Avoid particularly stony and uneven terrain.
Sewage, pollution - infection, illness	Staff, Clients	<ul style="list-style-type: none"> • Do not run activity after very heavy rain. • Use sight and smell to identify any incidences • Follow lifeguards advice. • Do not run activity if pollution suspected
Waves, drowning, injury	Staff, Clients	<ul style="list-style-type: none"> • Staff receive a 3 hour BF induction and basic assessment looking at working in conjunction with a tight remittance and the beach life guards • Stay in centre of red and yellow flagged area

		<ul style="list-style-type: none"> • Participants go no deeper than waist depth • Participants wade out and catch waves in. • Participants are shown all relevant signals to ensure they stay in safe area • Participants are asked about swimming ability/previous experience. • Participants are briefed on current conditions, wave etiquette, how to catch a wave safely, rips, currents, bottom contour • One instructor stays at water's edge to manage group using hand signals, voice commands and whistle. • All equipment is checked and its correct use is demonstrated • Leashes are checked for wear and tear and Velcro for furring.
Sea bed/bottom contour, injury, spinal injury.	Staff, Clients	<ul style="list-style-type: none"> • Select beach with a suitable bottom gradient for beginners, i.e. shallow gradient. • Avoid body boarding at steeply shelved beaches • Don't run sessions at high spring tides • Demonstrate correct way to stop and wipe-out on wave
Marine Life, weaver fish, jelly fish, stinging, injury, death	Staff, Clients	<ul style="list-style-type: none"> • Don't run activity if jelly fish swarm present • Check participants for allergies • Treat Weaver Fish sting with hot water immediately • Follow lifeguards advice
Other water users, collisions, injury	Staff, Clients public	<ul style="list-style-type: none"> • Brief participants on wave etiquette • Keep group together
Body board, injury to self or others.	Staff, Clients public	<ul style="list-style-type: none"> • Ensure soft boards are used • Brief participants on how to hold body board, how to stop and how to wipe out safely

4.4. BOMA Chair NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflict of procedures is superseded by this activity specific document.

BF 1. Qualification

- 1.1. Internally Inducted by CI /SI

BF 2. Ratios

- 2.1. 1:1

BF 3. Location

- 3.1. Suitable terrain such as:

- Forest tracks
- Gentle slopes
- Gravel tracks
- Muddy terrain
- Small puddles
- Snow

- 3.2. Not suitable on:

- Steps
- Across slopes
- Steep terrain

BF 4. Storage, inspections and maintenance

- 4.1. Stored in accessible container
- 4.2. Inspections: Before and after every use
- 4.3. Batteries must be charged overnight before use
- 4.4. Damages reported to the centre manager

BF 5. Setting up

- 5.1. chair can be set isolated to only slow mode
- 5.2. Check the:

- Brakes
- Accelerator
- Tyres
- Condition of the frame work
- Seat
- Steering
- Wires (visual)
- Battery checks
- Operation test

BF 6. Equipment for session

- 6.1. BOMA Chair

BF 7. Briefing

- 7.1. Suitable terrain (see BF 3 above)
- 7.2. Only the named riders on the loan agreement may use the chair

BF 8. Main delivery

- 8.1. Work through the loan agreement form, show a responsible person the parts of the chair, demonstrate how to use it and allow time for the participant to practice

BF 9. EAP

- 9.1. Advise the users to use the contact numbers of the loan agreement form if there are problems with the chair

BOMA Chair Risk assessment

Hazards	Terrain Driver Chair
---------	----------------------------

Risk	Who it effects	How is this controlled?
Uneven terrain causing the chairs to overturn leading to rider injuries	Participants	<ul style="list-style-type: none"> • Tour of chair, induction training provided by an in house trained member of staff • Before the chair can be used independently there needs to be a supervised practice period in SLOW mode. Areas of competence to be demonstrated are: <ul style="list-style-type: none"> • Steering • Accelerating • Braking • Parking • reverse • Suitable terrain is demonstrated - this includes: <ul style="list-style-type: none"> • Paths • Small slopes –tuition provided that slopes need to be approached at right angles to the slope • Bumpy terrain such as tree roots, small stones etc • Terrain that is not suitable such as: <ul style="list-style-type: none"> • Roads • Across steep slopes • Deep puddles • Stairs
User Error leading to injuries to the user and other guests / members of the public	Guests Public	<ul style="list-style-type: none"> • Before the chair can be used independently there needs to be a supervised practice period in SLOW mode. Areas of competence to be demonstrated are: <ul style="list-style-type: none"> • Steering • Accelerating • Breaking • Parking • Reverse
Chair failing due to poor maintenance	Guests	<ul style="list-style-type: none"> • Maintenance will take place based on the checks before and after use and will be coordinated through the CM

4.5. Bush Craft NOP

Managed by	Tony Baker
Last review	January 2016
Next Review	January 2017

This policy is in addition to the General NOP and Risk assessment; any conflict of procedures is superseded by this activity specific document.

BF 1. Qualification

- 1.1. BFA Trained / signed off in the following areas:
 - shelter
 - fire
 - cooking
 - tools
 - Woodland Craft (education and sensory awareness)
- 1.2. 2 year refresher looking at good practice

BF 2. Ratios

- 2.1. 1:12 shelter
- 2.2. 1:8 fire
- 2.3. Arts and craft 1:30 with (adult supervision of 1:10)
- 2.4. 1:30 Cooking (adult supervision of 1:10 with the instructor monitoring the cook site)
- 2.5. 1:16 Bivvy (must be at least 2 adults)

BF 3. Location

- 3.1. Any suitable site that will allow the group safe movement and operation. BF Adventure has 3 sites set aside for use which make up the main venues for bush craft.
- 3.2. Offsite venues can be used in line with the offsite procedures and permission from landowners / trust as described on the offsite forms
- 3.3. Any new site used will need to run past the centre manager before it is allowed to be used.

BF 4. Storage, inspections and maintenance

- 4.1. Knives and ignition equipment are securely stored in the centre manager's office
- 4.2. Stoves and fuel are stored above the accessible shower and locked
- 4.3. All other equipment is stored in the equipment store and secured

BF 5. EAP

- 5.1. Procedures should be followed as laid out in the general section of the NOP

BF 6. Adaptations for groups with disabilities

- 6.1. The "Debris Shelter" is an accessible site

Bush Craft Sample lesson plan

Typical session length	1.5 hours, 3 and 6 hours
Aims and objectives	To encourage team work To develop an awareness and appreciation of the natural environment To be fun and engaging To be as safe as necessary
Equipment Needed	Various depending on content
Set up notes	Equipment should be pre packed and probably pre planned depending on the session
Introduction	Introduce yourself and gain rapport with the group Safe movement and behaviour To be aware of the environment and of others Medical information
Main Delivery	The main delivery will vary massively depending on the group and its size, number of instructors, the number of adults and also the content and aims of the session. Session will usually contain: Creating the right learning environment Briefing and demonstrations / tasks Monitoring, supervision and mentoring Reviewing and sharing of learning
Summary	Leaving the environment how we found it and relating the session back to life
Pack down	Leave the equipment and site as you found it or better and ready for the next session. When necessary report low stocks of equipment and resources to the staff responsible for bush craft ASR or to the Team Leader for replenishment.

Bush Craft Risk assessment

Hazards	Staff Activity location Weather Natural materials Insects Fire Shelters Tools Cooking
---------	---

Risk	Who it effects	How is this controlled?
Inexperienced staff using poor techniques leading to injuries of themselves and participants	Staff and guests	<ul style="list-style-type: none"> All staff to demonstrate competence to the centre manager in the following areas; <ul style="list-style-type: none"> Fire Tools Shelters Arts and craft Cooking Bivvy All staff to receive refresher training on an 2 year basis
Slips, trips and falls	Staff and guests	<ul style="list-style-type: none"> Sites are to be keep as natural as possible to maintain a suitable environment Guests to be instructed to tread carefully and wear correct footwear Appropriate sites will be selected according to the weather and the group capabilities
High winds bring down live and dead wood onto site users	Staff and guests	<ul style="list-style-type: none"> Sites are not to be used in winds exceeding force 5-6 Staff to be mindful of dead wood hanging in trees and if necessary this should be reported to the centre manager
Cuts, scratches and stings from collecting leaf litter and natural materials	Staff and guests	<ul style="list-style-type: none"> Group should be briefed to take care when collecting natural materials Any allergies should be made aware to the instructor at the start of the session Ferns should be picked carefully or ideally gloves should be used Toxic or potentially poison weed, berry, flower, etc to be identified and kept away from during session
Tick bites leading to limes disease	Staff and guests	<ul style="list-style-type: none"> Guests are encouraged to wear long trousers when in the bush craft area Advice given to people who are bitten by ticks Instances of ticks have never been recorded at BF adventure so although we have the above control measures the overall risk is very low
• Fire lightening		
Fire getting out of control leading to burns	Staff and guests	<ul style="list-style-type: none"> All fires built during bush craft sessions should have flames smaller no bigger than knee height All fires are to be constructed in fire squares Fire sites are to be clear of leaf debris All fires are to be managed by competent instructors

		<ul style="list-style-type: none"> Fires should not be left unattended All fires should be extinguished safely before leaving the site Water and burn gel available on all sessions Fire blanket should be kept in the fire lighting equipment
Tripping and falling onto the fire leading to burns	Staff and guests	<ul style="list-style-type: none"> Clear rules should be set appropriate to the group about behaviour around the fire 3 people are allowed to attend to the fire square at any one time The area around the fire should be kept tidy, organised and free from trip hazards Suitable sites clear of natural obstacles should be selected Groups are told to walk around the fire Groups told about the safe and low stance
Fire spreading leading to destruction of surrounding area	Staff and guests	<ul style="list-style-type: none"> Fire sites should be kept clear of leaf litter Fires should be monitored by instructors at all times Instructors to monitor the amount and length of firewood being used and style of fire being built, (Tepee, Pyramid, Long, etc) Fire square site should ideally be under a clearing in tree canopy or with canopy at least 4m, (12-13ft) above ground level Ideally water station by each fire square if not 1:2
Group numbers and fire sites becoming too spread out leading to unsupervised fires getting out of control leading to burns and fires spreading	Staff and guests	<ul style="list-style-type: none"> The maximum group size for bush craft is 12 participants to one instructor For fire lighting the recommended ratio is 8 participants to one instructor A maximum of 4 fire squares (including a main teaching fire site) can be supervised by one instructor The recommended maximum ratio of participants to 1 fire square is 4 at any one Instructors are to regularly visit all fire sites to ensure they are being maintained
• shelters		
Shelters collapsing onto guests resulting in injuries	Guests and staff	<ul style="list-style-type: none"> Supervision and, if appropriate, instruction should be provided by instructors to ensure structure built does not cause harm
Cuts resulting from using the knife when used to cut sisal	Guests	<ul style="list-style-type: none"> Unless specifically taught (see knife risk assessment), only competent staff are allowed to use knives during sessions
Lifting and moving large logs leading to manual handling injuries	Guests	<ul style="list-style-type: none"> Teamwork encouraged when moving large logs Logs too heavy to carry should be dragged or used during the session
• Tools		
Unauthorised use leading to injuries to themselves or others	Guests and public	<ul style="list-style-type: none"> Knives, strikers and ignition materials are stored in the centres manager's desk and locked All other bush craft equipment is stored in the equipment store and locked using a coded padlock Stoves and fuel securely stored

People using knife inappropriately leading to cuts	Staff and guests	<ul style="list-style-type: none"> Staff can use knives once they have demonstrated competence, this includes: <ul style="list-style-type: none"> Appropriate grip Safe use Correct stance Awareness Training Guests can use knives once they have received training and have demonstrated competence. This should be carefully measured and be a well-structured process. Only staff approved for teaching knife work can teach this at BF Adventure
Accidental slips with knives leading to cuts to other people and themselves	Staff and guests	<ul style="list-style-type: none"> People using the knives should be stationary All knives not being used must be sheathed immediately All knives not being used or carried must be placed in a secure box or carried by the instructor When using knives, they must be in a zone clear of other people (except the instructor when under instruction) at least a tool length away. This can be achieved by sitting on prepositioned stumps, creating zones by marking the floor or setting a checking behaviour
Lack of skill or control by guests leading to cuts	guests	<ul style="list-style-type: none"> Always used with blades away from body Knives to be kept sharp Staff to demonstrate competence and where necessary, receive training on how to use a sharpening block A series of skill based challenges progressing in difficulty should be introduced which can be used, these can look like: <ul style="list-style-type: none"> Using a stick / potato peeler to represent the knife to practice technique Stripping bark of green sticks or feather sticks Whittling small sticks
Injuries from sharpening tools leading to cuts and bleeding	Staff and guests	<ul style="list-style-type: none"> Ensure a tidy and flat work station with enough space for the task at hand When sharpening ensure a well-ventilated space and only work the knife away from your body Wear a glove on the no handled part of the hand to remove excess fluid and metal burrs
Cutting an artery leading to severe bleeding	Guests and staff	<ul style="list-style-type: none"> All staff to be first aid trained and to carry well stocked first aid kits Safe stances when using knives will be taught and actively encouraged. These actively cut away from the femoral artery Guests using knives will be directly monitored by the instructor unless express permission is granted by the centre manager for guests to operate knives unsupervised Ensure that there is some clean water nearby to aid cleaning the wound (toilet block or water tap by equipment store)
• cooking		
Cross contamination and ill cooked food	Staff and guests	<ul style="list-style-type: none"> Staff cooking with guests will have a level 2 food hygiene certificate

leading to food poisoning		<ul style="list-style-type: none"> • Where possible, meat will not be used in cooking outside • When meat is to be used in cooking, effort should be made to prepare and cook the meat in a kitchen environment • Meat cooked outside should be prepared in conditions that meet the requirements laid out in the Level 2 food and hygiene certificate
Burns and scalds from handling hot pans	Staff and guests	<ul style="list-style-type: none"> • Oven gloves to be taken to the cook site • Burn kit and fire blanket available
Inappropriate use of Trangias and storm kettles leading to burns	Staff and guests	<ul style="list-style-type: none"> • Staff and guests should receive training before use • Trangias to set up in a safe place(s) such as next to a linear feature, in a well-marked area • The base should be stable • All lighting should be supervised by an instructor • Fuel should be stored at least 5 metres away from the Trangia when it is alight or being lit • The stove must NOT be refuelled until the burner unit has been completely extinguished. This is with the cap on for at least 5 minutes allowing enough time for it to cool down • When using the storm kettle, the cork must be removed when heating the water • Care should be taken when pouring out water out of the storm kettle. This should be done in an area away from people as the water can spill from the storm kettle.
Poor hygiene leading to food poisoning	Staff and guests	<ul style="list-style-type: none"> • Hand washing solution will be used before people handle any food • All pots and pans are to be washed in environmentally clean soapy water

4.6. Canoeing and Kayaking NOP (and rafted canoes)

Managed by	Tony Baker
Last review	June 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflict of procedures is superseded by this activity specific document.

BF 1. Qualification

- 1.1. Current BCU level 1 coach working with a site specific induction from a Level 3 coach when operating on site
- 1.2. When operating off site a BCU level 2 coach is the minimum qualification. For specific qualifications see the site assessment contained in the offsite folder
- 1.3. A BCU Level 1 coach may operate off site on the following locations provided they have attended a specific site specific induction by a BCU Level 3 coach and operate in the specific remittance illustrated in the off site procedures:
 - Truro river (Truro to Malpas)
 - Swanpool Bay
 - Maenporth Bay
- 1.4. BCU Level 3 coaches can work to their remittance (sea, white water* and open water)providing:
 - 1.4.1. A site specific risk assessment is completed and approved by the CM
 - 1.4.2. Each trip offsite is approved by the CM
- 1.5. 2 year internal refresher with a Level 3 coach
- 1.6. Staff with a BCU 2 star and FSRT can be deemed a competent assistant and can assist with the delivery of a large group of up to 16 people, working with a BCU level 1 coach (minimum).
- 1.7. Swimming pool must have a BCU Level 1 coach in attendance
- 1.8. Swimming pools may have the requirements of a Pool Lifeguard to be in attendance, BFA will honour this policy

**White water only for staff training*

BF 2. Ratios

- 2.1. Kayaking 1:8(2:16 with a competent assist)
- 2.2. canoes 1: 8 participants (2:12 with competent assistant)
- 2.3. Rafted canoes is 1:12- adult support may be necessary for younger groups
- 2.4. With high risk groups the use of competent assistants can be used
- 2.5. Swimming pool- 1:10 (people with a 2 star or above are not included within these ratios)
 - The site specific pool maximum users must be observed

BF 3. Location

- 3.1. In house- canoe quarry
- 3.2. Rivers, small sea trips and estuaries that have been site assessed by the centre manager
- 3.3. Swimming pool- any pool following a suitability inspection

BF 4. Storage, inspections and maintenance

- 4.1. Kit is stored at BF adventure:
 - Equipment store- wetsuits
 - Canoe quarry store- everything else

- 4.2. Checks will be carried out on all equipment every half term and during the summer holidays and recorded
- 4.3. Buoyancy aids will be float tested annually and recorded

BF 5. EAP

- 5.1. See BF emergency action plan
- 5.2. Pool sessions- follow pool procedures

BF 6. Adaptations for groups with disabilities**Canoeing and kayaking (and rafted canoes) Sample lesson plan (on site)**

Typical session length	90 minutes
Aims and objectives	<p>Teach participants the basics of paddling</p> <p>Enthuse guests through a positive experience and allow an avenue for progression</p> <p>Ensure the session is as safe as necessary</p>
Equipment Needed	<ul style="list-style-type: none"> • Kayaks / canoes, paddles, buoyancy aids, helmets (instructors decision), • First aid kit, radio, canoe shed key • Toys, balls etc • All users of the lake will wear: <ul style="list-style-type: none"> ○ Correctly fitted buoyancy aid ○ Good fitting shoes ○ Wetsuits are available to guests on cold days ○ Helmets are available if the group and / or the session plan deem it necessary. This decision is the instructor's to make • BF adventure has a cover up policy which prohibits the sole use of bikinis and swimming trunks and promotes the use of T shirts and shorts for all users <p>Swimming pool:</p> <ul style="list-style-type: none"> • If BFA equipment is allowed to be used it must be washed with clean water before use • Helmets are to be worn at the discretion of the BCU Level 1 coach, the following guidelines apply: • Nature of session- playing ball games and raft games will require helmets, skill tuition and rolling do not necessarily need helmets • Pool shape and depth- deep pools do not need helmets, pools with shallow areas need helmets or boundaries need to be set • Participants-if the session is novice playing games and having fun which involves significant and possibly fast movement, then participants should not be swimming in the water. For coaching sessions, it is permissible for people to swim in the water around the kayaks provided the people paddling are experienced paddlers. <p>When operating off site the additional equipment must be carried:</p> <ul style="list-style-type: none"> • Towline • Throw line • Group Shelter • Spare clothes • Water (hot / cold) • Whistle • Spare paddles • Mobile phone • Map
Set up notes	All equipment will be visually checked prior to use

	For all off site activities, an offsite form must be completed and authorized by a BCU Level 3 coach Unlock canoes / kayaks Gather medical information Collect wetsuits if needed
Introduction	Introduce yourself and start building rapport The instructor will brief the following: <ul style="list-style-type: none"> • Area- identify the safe areas to operate in with the group • Boundaries- set clear boundaries for the start of the session with operating area but also attitude / behaviour • Capsize- ensure that the group are aware on what to do if they capsize • Doctor-medical information • Emergency- ensure the group are aware on what to do if there is an incident • Agree aims for the session • Check swimming ability
Main Delivery	Kit up the group and fit into kayaks Discuss boundaries and safe operating areas Agree behaviour and procedures for capsizes and also in emergencies Set up games and coaching sessions appropriate to the group's aims, suitable games may include: Tag games Ball games Raft games Races
Summary	Review what has been learnt and inform people that are interested how to gain further tuition
Pack down	Check the equipment and place back into storage as inducted All damaged equipment taken out of service and reported to the Staff who has this ASR or to the Team Leaders

Canoeing and kayaking (and rafted canoes) Risk assessment

Hazards	Water Weather Rocks Games Kayaks Other users Pontoon SEA, sea trips and estuary's Rivers up to grade 3
---------	--

Risk	Who it effects	How is this controlled?
Drowning	Guests Staff Public	<ul style="list-style-type: none"> All users wear good fitting Buoyancy Aids fitted by a trained instructor Briefing by a qualified instructor Life ring positioned at lake side Staff have rescue training BCU FSRT Staff are refreshed every 2 years with rescue techniques internally by a Level 3 coach Staff are first aid trained which covers CPR Equipment is maintained in a safe state
Hypothermia from falling into the water	Staff Guests	<ul style="list-style-type: none"> Users have available wetsuits and cag tops which will be issued as necessary Foil blankets available in first aid kits Staff are first aid trained Staff working on the lake have access to a radio and can call for assistance if needed Weather forecast is obtained daily and logged in the delivery diary; any concerns regarding the weather is passed to staff in the morning briefing OFFSITE- spare cloths and shelter carried
People receiving head injuries in shallow part of the quarry from a capsize	Staff Guests	<ul style="list-style-type: none"> Shallow areas of the lake are taught to staff during the lake quarry induction Shallow sections roped off
People falling onto the rocks and other boats while playing games resulting in injuries	Staff Guests	<ul style="list-style-type: none"> Games played are suitable for the environment Good briefings to groups playing games Where necessary, helmets can be worn
Injuries to feet and ankles from uneven floor and objects on the bottom of the quarry	Staff Guests	<ul style="list-style-type: none"> Good fitting footwear must be worn (i.e. trainers)
Becoming trapped in the kayak during a capsize	Staff Guests	<ul style="list-style-type: none"> Training must be provided before using a spray deck. Instructors and guests to be confident in the user's ability to operate the spray deck from a capsize Spray decks to be checked in line with the safety checks Kayaks to be in line with safety checks to ensure there are no snagging potentials Footwear have no snagging points that could hinder the user during a capsize

Overcrowding causing the instructor to lose line of sight with clients leading to injuries and poor intervention in the case of an accident	Staff and guests	Ratios are set to the following: <ul style="list-style-type: none"> • Kayaks: 1:8 (2:12 with a competent assistant, see centre manager) • Canoes 1:8 (2:12 with a competent assistant) • Rafted canoes 1:12 operating a maximum of 2 rafted canoes
Manual handling injuries from moving the kayaks / canoes	Staff Guests	<ul style="list-style-type: none"> • Instructors and assistants hold either the BCU coaching qualifications or the BCU 2 star which covers how to move craft around safely • Clients are encouraged to work together • Instructors to promote good practice (straight back, lifting from the legs) where possible
Falling off the pontoon resulting in impact injuries and/or drowning	Staff Guests	<ul style="list-style-type: none"> • No running on the pontoon • Signs in place at the pontoon
Rafted canoes falling apart resulting in people falling into the water	Staff Guests	<ul style="list-style-type: none"> • BFA has specific rafted canoe kits; these are to be used as the primary means for constructing rafts. • The use of these will be covered in the canoe quarry induction
Colliding with other users causing damage and injuries to all users	Staff and guests	<ul style="list-style-type: none"> • Sessions on the quarry are limited by the availability of equipment so numbers are limited to around 30 if there is a variety of differently sized groups • Staff to coordinate specific operating areas to avoid collisions • Activities managed at the time of booking to reduce the risk of overcrowding
Becoming lost off site leading to distress of the group	Staff and guests	<ul style="list-style-type: none"> • Maps carried on all sessions • Staff inducted to the area • Limitations on location size set out in site assessments • Level 3 coaches can operate in a wider setting with approval from the CM, see sea and white water RA
Boats falling off the trailer leading to crush and head injuries	Staff and guests	<ul style="list-style-type: none"> • Training provided by a level 3 during the off site induction • Team work encouraged and spotting • Step ladder can be used if it is footed • Only staff to tie high attachment points • All knots checked by the driver
Other users leading to collisions and bad relations	Public, staff, guests	<ul style="list-style-type: none"> • Good group control maintained • Observe all and any rights of way navigation and signposted instructions • Always be courteous to all users of the river • Maintain a respectful level of noise
SEA, sea trips and estuary's		
Tides, races, over falls and other sea conditions causing injury, harm, fatigue or distress to paddlers	All	<ul style="list-style-type: none"> • When operating in sea conditions, the coach / leader must only operate within their qualification remit. For a BCU Level 3 coach (old scheme), this is: Moderate Tidal Water/Sea The definition involves; A stretch of coastline including small crossings up to 2 nautical miles offshore with available landings at every 1-2 miles / 1 hour and areas where it is not easy to land. Up to a maximum of 2 knots tide (but not involving tidal races or overfalls), winds not above Beaufort force 4, launching and landing through surf (up to 1 metre trough to crest height). http://www.canoe-england.org.uk/media/pdf/BCU%20TERMS%20OF%20REFERENCE%20V4-0.pdf

		<ul style="list-style-type: none"> Remote site form must be submitted to the centre manager prior to activity and must be approved Towlines, spare clothes and spare paddles must be carried to prepare for a turn in the weather Maximum ratio of 1:6
Launching though surf leading to injuries	All	<ul style="list-style-type: none"> As per the above terms and reference, the maximum wave height is 1 M to crest. Careful consideration as to how to launch the group to take into account, sequences, setting clear boundaries, setting up actions in the event of a capsize and instructor location. Helmets must be worn for all landings and launches through surf
Injuries at Sea including hypothermia and the loss of ability to paddle	All	<ul style="list-style-type: none"> The following equipment must be carried: <ul style="list-style-type: none"> Spare clothes First aid kit Survival bag / group shelter Spare paddles VHF radio Tow line (sea kayak) Helmets (Instructor choice)
Rivers up to Grade 3		
Specific river conditions leading to injuries including drowning, death and damage to limbs	All	<ul style="list-style-type: none"> When operating in White Water conditions, the coach / leader must only operate within their qualification remittance. For a BCU Level 3 coach (old scheme), this is: Moderate White Water Grade 2 white water or equivalent weirs for canoe. Grade 2(3) for white-water spec kayaks. <i>Grade 1 Easy - moving water with occasional small rapids. Few or no obstacles to negotiate.</i> <i>Grade 2 Moderate - small rapids featuring regular waves. Some manoeuvring required but easy to navigate.</i> <i>Grade 3 Difficult - most rapids will have irregular waves and hazards that need avoiding. More difficult manoeuvring will be required but routs are normally obvious. Scouting from shore is occasionally necessary to maintain line of sight.</i> http://www.canoe-england.org.uk/media/pdf/BCU%20TERMS%20OF%20REFERENCE%20V4-0.pdf Remote site form must be submitted to the centre manager prior to activity and must be approved A means of towlines, spare clothes (if the groups personal equipment is not good enough) and spare paddles must be carried Maximum ratio of 1:6
Head injuries from capsizing, impacting rocks and general white water paddling	All	<ul style="list-style-type: none"> Appropriate, well-fitting helmets must be worn at all times. Instructors can allow breaks while on the river bank during lunch if necessary but an overall awareness must be acknowledged by the instructor to take into account terrain, other groups and unplanned rescues.
Equipment failing due to incorrect specification and or use	All	<ul style="list-style-type: none"> Equipment used must be suitable for white water use measured against the expected conditions Equipment for consideration should include:

		<ul style="list-style-type: none"> ○ Kayak- bulkhead foot rests, manoeuvrability, strength, design (volume and designed use), peddler suitability ○ Paddle- strength, weight ○ Buoyancy aid- well fitting, floatation ○ Helmet- strength and fit ○ Foot wear- grippy and well fitting
Injuries worsening due to poor or ill prepared rescues	All	<ul style="list-style-type: none"> • Staff must be appropriately qualified • Rescue equipment should be appropriate to the conditions but must include: <ul style="list-style-type: none"> ○ Throw line(s) ○ Means of towing ○ Slings and Krabs (possibly pulleys)

4.7. Catapult Building NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. Induction and experience of 1 x session
- 1.2. N/A

BF 2. Ratios

- 2.1. 1:12
- 2.2. 1 instructor per catapult
- 2.3. Competent assistants
 - Staff can assist qualified instructors following a small induction by the lead instructor.
 - It would be expected that this instructor has similar experience such as raft building or has run pioneering before at another centre.
 - Permission from the centre manager should be sought out prior to session
 - New ratio would be 1:24 (4 x groups of 6) with 4 competent assistance (1 x per catapult with the instructor floating)

BF 3. Location

- 3.1. Any flat location with room to shoot (50 M approx)

BF 4. Storage, inspections and maintenance

- 4.1. Poles are stored in the raft building store
- 4.2. Ropes, firing bungees and balls are located in the problem solving store
- 4.3. Equipment is checked in line with other checks (poles with raft building equipment, other equipment with Problem Solving checks)
- 4.4. Moving the equipment would involve the minibus and trailer and at least 2 people

BF 5. EAP

- 5.1. Mainly for off site activities and only to highlight differences in on site procedures

BF 6. Adaptations for groups with disabilities

- 6.1. Longer fringing bungees so people in chairs can fire behind the target

Sample lesson plan for Catapult Building

Typical session length	1-1.5 hours
Aims and objectives	<ul style="list-style-type: none"> • Planning skills as a team • Creating a structure as a team, cooperating and collaboration • Fun with simple competition
Equipment Needed	<ul style="list-style-type: none"> • 4 x poles per group • 10 pieces of ropes • Firing bungees • Balls (min of 4 per team) • Guest kit
Set up notes	<p>An area big enough to fire and build i.e. Lower field, grass area by Archery 1, Archery 2.</p> <p>The marquee can be uses with the plastic balls</p> <p>Set up a shooting line, arrange the equipment neatly and lay out scoring zones using rope</p>
Introduction	<p>Introduce the aims of the session and the safety rules.</p> <p>Build rapport and get the group in teams of around 4-8 people.</p>
Main Delivery	<p>Briefing</p> <ul style="list-style-type: none"> • Lifting, 2 minimum to pole • Never drop the poles • Do not build under the pole, build it on the floor and raise it • Always stand behind the structure when some one is firing • Knots to be checked regularly by instructors • Structure must be free standing <p>Demonstration</p> <p>Show the group how to lift the poles and also how to tie a simple square lashing</p> <p>Discuss building options, the usual designs are:</p> <p>A frame Triangle X</p> <p>Building</p> <p>Ask the group to design a free standing structure using the equipment provided that can host the firing bungee.</p> <p>Work with the teams to organise them into small team and help them tie the knots. The structure needs to be secure and freestanding so it's worth getting the knots tied well.</p> <p>The groups should be allowed time to be creative and explore their own designs. Staff should support and encourage and do everything possible to make their designs safe.</p> <p>Games and competitions can be introduced to add value and fun to the session. These could include:</p> <ul style="list-style-type: none"> • Accuracy challenges • Distance challenge

	<ul style="list-style-type: none"> • Cricket • Shoot the "staff" (water bombs)
Summary	A discussion based on how they worked together and how they could make improvements for next time
Pack down	Care should be taken when dismantling the catapult and all equipment should be packed away in preparation for the next group

Risk assessment for Catapult Building

Hazards	<ul style="list-style-type: none"> • Poles • Projectiles • Firing mechanism
---------	--

Risk	Who it effects	How is this controlled?
Polls falling onto people leading in impact and head injuries	Staff, participants	<ul style="list-style-type: none"> • Staff running the session must have observed a whole session before running this session • People must not build the catapult “under or inside” the structure. Building mostly takes place on the ground then the structure is lifted into position • The poles and a manageable size appropriate to the group • Structure must be free standing before firing commences • People are not allowed to stand on top of the structures • Staff will monitor a maximum of 12 people • Staff will be first aid trained
Manual handling injuries and impact injuries from lifting and manoeuvring the poles	Staff and participants	<ul style="list-style-type: none"> • During session, all users must carry the pole in pairs • Setting up the session staff are permitted to move the poles on their own. Staff must carefully decide how to do this safely. It is recommended that moving poles is done one at a time.
People being hit by projectiles lading to impact injuries and eye injuries	Staff, participants and other users	<ul style="list-style-type: none"> • Water bombs, tennis ball and bean bags are the only things to be used, these are soft enough to minimise any injuries • In normal conditions, shooting at targets is best practice • Instructor can allow groups to catch the projectiles they deem the activity suitable • Only the equipment supplied for firing is to be used and this consists of simple elastic / bungee and team towels. This limits the potential force to a low and predictable level • People must not walk immediately in front of the catapult. A safe distance of around 10 meters is to be maintained • A clear shooting area is to be used such as the lower or top field that had good visibility and is manageable by staff
Being hit by the firing system (bungee and elastic) leading to brises and eye injuries	Staff, Participants	<ul style="list-style-type: none"> • The structure needs to be free standing, this means that no one is in front of the system while it is being fired • People not shooting need to be behind the shooter unless they are catching • Staff to check all knots before firing and offer advice as appropriate • Staff to monitor all catapults structure and firing systems appropriate throughout the session

4.8. Climbing and abseiling NOP

Managed by	Tony Baker
Last review	June 2016
Next Review	January 2016

This policy is in addition to the General NOP and Risk assessment; any conflict of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. BF climbing Award Scheme level 1-3 is a minimum to teach climbing at BF Adventure
 - 1.1.1. BF level 1- Assistant instructor: able to tie in, fit harness and belay participants to assist with the running of sessions, this person will always be supervised by a level 3
 - 1.1.2. BF level 2-Able to run top and bottom rope on all climbs listed in BF3.1 except prussic wall
 - 1.1.3. BF Level 3- Able to set up and top and bottom roping on all climbs except the prussic wall and can top and bottom rope on the same climbs
- 1.2. BF Level 2 and 3 awards are externally assessed by an MIA
- 1.3. BF level 1 award may only be assessed by the Centre Manager or a Team Leader with SPA Assessment
- 1.4. BF abseil award for abseiling, assessed by an MIA
- 1.5. SPA - for all climbs and abseil in remittance on and off site
 - 1.5.1. When operating off site, a BFA level 3 instructor can assist an assessed SPA instructor with belaying and be responsible for a group of up to 8 people under the following conditions:
 - 1.5..1.1. The only operate a bottom top rope system as they have been trained to do so at BFA
 - 1.5..1.2. they can only assist in set up under supervision of an SPA assessed instructor. All persona safety, equipment placement and personal access must be supervised and checked to ensure a high standard of safety equivalent to the SPA standard is maintained.
 - 1.5..1.3. They cannot be left unattended with a group who are actively climbing
- 1.6. Annual updates essential
- 1.7. All staff climbing should be refreshed every 2 years
- 1.8. In April 2014, all staff operating at Granite Planet must be approved to do so by the Centre Manager. They must have their:
 - Granite planet induction (run by an MIA) or have enough experience and demonstrate confidence to the Centre Manager

BF 2. Ratios

- 2.1. 1:8
- 2.2. 2:10 with a BFA level 1 climbing instructor (competent assistant)
- 2.3. BF level 1 instructors can assist with the following areas under the supervision of a level 3:
 - Fitting of harness
 - Tying in
 - Belaying and lowering
- 2.4. The responsibility of the client safety is with the BF level 3 instructor, the assistant must work closely with the instructor and the instructor must be happy and overall aware of their responsibility.

BF 3. Location

- 3.1. On site

- Twister walls
- Atari wall
- Slabs
- Asgard
- Splinters chimney
- Colostomy
- Training wall
- Prussic wall- SPA assessed instructors running the abseil and Canoe qualified instructors at the bottom transporting participants back to the shore
- Accessible abseil (need additional training if abseiling people in wheel chairs or tandem) Granite Planet

3.2.

- Offsite- see the specific off site forms for information on locations and additional controls

BF 4. Storage, inspections and maintenance

- 4.1. Half termly checks on all equipment and on site locations and fed back to the Team Leaders
- 4.2. Off site location checks on arrival for safety
- 4.3. All equipment stored in a warm and dry space according to manufactures recommendations

BF 5. Setting up

- 5.1. All climbs are set up in accordance with the set up guides located in the “climbing training and resource folder” located in the centre managers office
- 5.2. All set ups are done / checked by a BF level 3 + instructor
- 5.3. All climbs are checked by the instructor prior to use by the instructor for signs of tampering
- 5.4. All equipment is checked visually and also a function test is carried out on the set up
- 5.5. Harness and helmets will not be left out when there are no sessions taking place for periods longer than 1 hour
- 5.6. Consideration to groups’ safety will be evident either by:
 - 5.6.1. Appropriate area brief
 - 5.6.2. Designated safe areas marked out clearly by the instructor
 - 5.6.3. Kitting up will be done in a safe location
 - 5.6.4. Helmets will be worn in designated areas in and around the active climbing area

BF 6. Equipment for session

- 6.1. All equipment will be kept in line with manufactures recommendations
- 6.2. All equipment will be checked Prior to use- visual and functional checks, no records kept for these checks
- 6.3. Half termly- checks recorded and fed back to the team leaders and centre manager
- 6.4. All equipment will have an individual sheet detailing its life and end of date use in line with the manufactures recommendations
- 6.5. All equipment is to be signed out at the climbing store. When the session is finished the equipment needs to be logged in and any comments such as big falls, wear and tear etc should be logged.
- 6.6. No smoking is permitted in any BFA PPE

BF 7. Briefing

- 7.1. Smoking- no smoking
- 7.2. Jewellery – rings and necklaces removed before climbing and abseiling
- 7.3. Long hair- tied back or tucked out of the way and loose items made safe or removed
- 7.4. Equipment- please leave alone
- 7.5. Cliffs- brief guests what areas are safe
- 7.6. Behaviour- Inform guests of the appropriate behaviour they need to have when waiting for a climb
- 7.7. Helmets- when to and not to wear them

- 7.8. Previous injuries / medical information- invite guests to share relevant information before climbing
- 7.9. Challenge by choice

BF 8. Main delivery

- 8.1. Complete system check on arrival to the site (all anchors, ropes and set ups)
- 8.2. PPE check and function tests of all equipment (harness and buckles, helmets, belay devices, knots and anchors*) immediately before any participant leaves the ground / abseils from ground anchor (if used) to participant.
- 8.3. All participants taking part in the activity need to wear a well fitted harness and helmet as illustrated in the manufacturer's recommendations
- 8.4. BFA has a selection of chest harnesses and full body harnesses available to participants who require them. Training on how to use these is provided during training and assessment
** only accessible anchors to be tested i.e. if running a bottom rope then it would not be necessary to check the top anchor points but it would be practical to check the ground anchors. If operating the top rope then it is acceptable to visually check the top anchors on every climb.*

BF 9. Climbing

- 9.1. Participants taught how to belay in line with their involvement in the session.(i.e. traditional belaying, bell pull or if the instructor belays, how to attach to the rope)
- 9.2. Attaching people to the rope by either:
 - 9.2.1. Rethreaded figure of 8, with stopper
 - 9.2.2. Clipping in
- 9.3. Communication- a clear system of agreement for when it is safe to climb and come down
- 9.4. Belaying-
 - 9.4.1. Instructor belaying- good technique as trained and assessed in BFA training manual
 - 9.4.2. Participants belaying will always be backed up by an instructor or a competent participant who has been trained and can demonstrate good backing up
 - 9.4.3. Only DMM bugs or Petzl gri gri's will be used on sessions at BFA by level 1 and 2 instructors and guests.
 - 9.4.4. Italian hitches can be used on top ropes by level 2 + instructors
 - 9.4.5. Level 3 staff can use other devices they are competent in
 - 9.4.6. When participants belay with the bell pull system, they must use a Petzl gri gri.
 - 9.4.7. An instructor working at or for BFA can only operate 2 ropes as a maximum at any one time.
 - 9.4.8. When an instructor operates 2 ropes at the same time they must be on adjacent climbs and have back up knots around every 3 meters
 - 9.4.9. All lowering off will have the instructor in control of the rope. This can be done as the "back up" i.e. tailing the rope if the intention is to teach belaying and lowering off to participants
- 9.5. Coaching- simple techniques
- 9.6. When climbing off site at Granite Planet the above belaying principles apply

BF 10. Abseiling

- 10.1. Group made safe and placed in a good position to view the abseil. The use of safe areas and safety lines can be used if appropriate
- 10.2. Participants taught how to abseil and explained how to detach themselves at the bottom
- 10.3. Participants are made aware of the safe way back up to the rest of the group
- 10.4. The safety line is attached to the participant before the abseil area and attached using a karabiner
- 10.5. Once the PPE check and function test has taken place they can make their way to the start of the abseil and get attached to the abseil rope
- 10.6. The abseil must be releasable using an Italian hitch and backed up by two half hitches

10.7. Staff accessing the climbs for maintenance by abseiling must follow the following rules:

- Always work with or in sight of another instructor
- Always work on a releasable system
- Use belaying where appropriate
- Apply back up knots to prevent a fall due to descender failure
- Petzl access harness should be used

BF 11. EAP

11.1. Follow EAP procedure located earlier in this document

BF 12. Adaptations for groups with disabilities

12.1. Accessible abseil can be used for tandem abseils or for abseiling chairs down. These both require specific training

Climbing sample lesson Plan

Typical session length	1.5 hours
Aims and objectives	<ul style="list-style-type: none"> • To have a safe experience • to challenge themselves physically and mentally • to learn about climbing and how its risks are managed • to have a positive experience
Equipment Needed	<ul style="list-style-type: none"> • appropriate sized harnesses and helmets per participant • rigging equipment • rope • belay devices • ground anchors (optional)
Set up notes	<ul style="list-style-type: none"> • sign out equipment • Ensure that all set ups are neat and tidy with no unnecessary trip hazards. • Visually check and function test all equipment • Run rope through hands looking for lumps, frays and flat spots • Lay out harnesses for the group to use • Function test belay devices before first climb
Introduction	<ul style="list-style-type: none"> • Introduce your self • Challenge by choice • Remove loose items, tie hair back and remove rings • Listen to instructions • Medical information
Main Delivery	<p>Fitting of equipment</p> <ul style="list-style-type: none"> • This should be done appropriate to the group and enable them to repeat the process in the future. A system of checking should be in place to ensure that all equipment is correctly fitted and to reassure the participant <p>Introduction and demonstration</p> <ul style="list-style-type: none"> • This should visually prepare the group for the challenge, showing them what is expected allowing them to make informed decisions while climbing or whether this is an appropriate challenge for them <p>Climbing</p> <ul style="list-style-type: none"> • All care should be made to make the climbers feel at ease. While connecting to the system climbers are encouraged to

	<p>set an aim / goal and work within their expectations of the experience.</p> <ul style="list-style-type: none">• Activities can be played and techniques taught relevant to the groups and the session aims and objectives
Summary	<ul style="list-style-type: none">• A summary of the experience should follow to see if they met the aims of the session
Pack down	<ul style="list-style-type: none">• Reset the harnesses and helmets and return to the correct place• Ropes coiled neatly and hung in store• Rigs placed back on hooks in the store• Log in the equipment and note any comments

Risk assessment for Climbing

Hazards	Equipment Falling from height Quarry edge Loose stones Unstable rock Access path in quarry by the slabs Belaying Participants Lowering off 2 rope systems Smoking Training wall Accessing Wheel chair abseiling Tandem abseiling
---------	--

Risk	Who it effects	How is this controlled?
General climbing		
Equipment failing due to improper use leading to fall from height	Guests Staff	<ul style="list-style-type: none"> Instructors to hold suitable qualifications that have components to show that they have been trained and understand through an assessment of a technical expert (MIA) how all the equipment used for climbing is correctly fitted. BFA use in house qualifications taught by SPA holders with experience of training staff The syllabus has been approved by our external MIA assessor All assessments for level 2 and above are by an MIA Staff have an annual update to refresh skills The use of any new equipment is properly taught to staff by appropriate staff
Equipment failing due to improper checks leading to falls from height	Guests Staff	<ul style="list-style-type: none"> As part of staff training and assessment staff are expected to demonstrate competence when checking equipment Checks will be done before every use visually Detailed checks are to be done every half term in line with manufactures recommendations and use basic templates set by Petzl, these will be logged for future reference Damaged equipment / equipment which staff are unsure about will be removed from use and if necessary retired or sent away for a second opinion
Participants falling from height while taking part in the activity	Guests Staff	<ul style="list-style-type: none"> All people operating on the activity will wear a safety harness connected to a safety rope / line managed by a competent instructor
Equipment not fit for purpose failing leading to falls from height	Guests Staff	<ul style="list-style-type: none"> All equipment will be stored and kept in line with manufactures recommendations All equipment will be used as illustrated by its manufactures and for its intended purpose
Falling off the quarry ledge leading to impact injuries	Staff Guests	<ul style="list-style-type: none"> During set up staff are make themselves safe when operating at the edge by using safety lines.

		<p>We define at the edge by anything within 1 meter to the edge</p> <ul style="list-style-type: none"> • BFA has pre made sets of identical rigging systems that include equipment for staff safety, anchor points and belay equipment which is checked regularly, and taught to all staff by our technical expert in one single way on which it is to be used. All climbs are to be rigged using this system to ensure the safety of all associated users (with the exception of the training wall which has a bespoke and specifically trained system). • Guests are instructed on a safe place to wait / view which will be at least 2 M from the cliff edge. For some groups this can be marked off using rope • When guests approach the edge they need to be attached to a safety line to prevent a fall from height • Signs are placed on the entrance to the quarry to warn people about the risk of falling • Kitting up will take place well away from the edge
People being hit by loose stones falling from the top of the quarry	Staff Guests Other users	<ul style="list-style-type: none"> • Helmets to be worn under the active climbing areas • Where necessary, safe "no helmet" areas will be marked out • Instructors will monitor the area for unauthorized access to the bottom of the site and if necessary stop the activity
Large rock falls resulting in severe injury and death	Staff Guests Other users	<ul style="list-style-type: none"> • All known areas of instability are out of bounds and are sectioned off to all access • Any new areas of development are subject to extensive testing / external feedback
Slipping on the access path leading to cuts and bruises	Staff Guests Other users	<ul style="list-style-type: none"> • Staff always supervise groups in the quarry • Guests are made aware to walk on the path and not to run • BFA has a shoe policy eliminating the potential of injuries through in appropriate shoes such as flip flops, high heels etc.
Injuries through improper belaying leading to falls from height	Guests	<ul style="list-style-type: none"> • Staff are taught how to operate our belay devices (DMM bugs and Petzl Gri Gri) and are assessed externally by an MIA in line with manufactures recommendations • Staff are taught and are also assessed on how to use the devices with multiple ropes (a maximum of 2 climbers on separate safety and belay systems) • When guests belay, they will be taught (traditional or bell pull - Petzl Gri Gri only) how to use them and always have the rope backed up either by having it tailed by an instructor or through back up knots about every 3 M • Product manuals will be used during the training and will available in the training and resource folder for staff to make references to manufacturer's recommendations
Long hair and loose clothing becoming caught in belay device	Guests	<ul style="list-style-type: none"> • Long hair needs to be tied back • Scarves and other loose clothing needs to be removed or secured away

leading to distress from belayer and climber		<ul style="list-style-type: none"> Staff to be trained on what to do if this occurs
Rings and watches becoming lodged into cracks on the wall or catching on the corner of holds leading to injuries such as de gloving and bruising	Staff Guests	<ul style="list-style-type: none"> Where possible rings should be removed while climbing If they cannot be removed then a clear briefing provided on what they need to use and not use and participants made aware of the potential hazards Watches to be removed if they are metal or plastic and fabric strapped watches are OK to use
Participants altering harnesses between climbs without the instructors knowledge leading to equipment failure and fall from height	Guests	<ul style="list-style-type: none"> Immediately before every climb, the instructor will check the entire system from (excluding the set up at the top of the climb when operating the bottom rope) from climber to belayer (including ground anchor when used) to ensure the equipment is still fitting correctly Guests are briefed not to alter the harness after briefing
Improper belaying by guests due to not understanding the briefing leading to falls from height	Guests	<ul style="list-style-type: none"> If guests are to belay, during the briefing instructors will clearly demonstrate how to belay Before every climb there will be a dry run on the ground where participants demonstrate competence by belaying the climber walking towards the wall When guests belay they will always be tailed by another participant or be part of a bell pull system Instructors will tail participants or place back up knots in the rope about every 3 M so in event of a poor lower off there is a system in place to arrest the fall before hitting the floor
Participants with no waist line / top heavy resulting in a poor fitting into the harness leading to falls from height	Guests	<ul style="list-style-type: none"> BFA have a selection of chest harnesses and full body harnesses which staff are competent to use and have been trained and assessed in.
Belayers struggling to control the climb and lower off heavy people leading to injuries to the climbers and belayer	Guests Staff	<ul style="list-style-type: none"> Where necessary the use of a ground anchor may be appropriate on bottom ropes On top ropes, an adjustment of the belay position may need to be made to ensure that no injuries occur to the instructor When lowering using a Petzl Gri Gri, an additional Krab may need to be used. This technique will be taught and assessed before staff use this
Lowering off too quickly resulting in impact injuries	Guests	<ul style="list-style-type: none"> All lower offs will be slow and controlled All lower off by guests will be in the control of the instructor either by directly belaying them down to the floor or by tailing the belayer with the aim of controlling the lower if necessary
Participants falling as the instructors are unable to operate 2 ropes properly leading to fall from height	Guests	<ul style="list-style-type: none"> Staff can only operate 2 ropes if they have been deemed competent through external assessment Good group management Only to be used with specific groups Minimum group size of 6 people
Ash and burns from smoking damaging the equipment resulting in the PPE to be less	Guests Staff	<ul style="list-style-type: none"> No smoking is permitted on site or in any of the PPE

effective and visually poor		
Remote and different environments off site leading to injuries and equipment failure and fall from height	Staff Guests	<ul style="list-style-type: none"> All staff working off site must have the SPA assessed qualification All site must be risk assessed and working off site procedures must be followed BFA level 3 assessed staff can assist in bottom top rope belaying All set up and access to climbing must be supervised and checked by SPA at all time BFA level 3 must only work in the presence of an SPA assessed instructor BFA level 3 can work with up to 8 people (in addition to 8 people with the SPA assessed instructor)
• Training wall- bottom roping		
Managing 2 ropes on the training wall- not being able to intervene quickly enough due to the belayers being on different levels leading to falls from height	guests	<ul style="list-style-type: none"> Currently we operate one instructor per rope on the training wall
Trips and falls on the descent path to the training wall leading to cuts, bruises and broken bones	Guests Staff	<ul style="list-style-type: none"> Good group control Extra caution when wet Equipment fitted at the top of the path so the participants can use their hands if necessary
Participants falling from the ledge on the belay area leading to impact injuries and improper belaying	Guests	<ul style="list-style-type: none"> Clean and tidy belay areas Non climbers and belayers asked to remain in the area around the hut
• Slabs- top roping		
Falling off the quarry edge resulting in falls from height	Staff Guests	<ul style="list-style-type: none"> Safety lines to be worn by ALL when operating on the quarry edge. (Participants 3 M and staff 1 M) Walking is essential (not running) Set ups to be as free from trip hazards as possible
Stones being kicked off or thrown down hitting people on the bottom of the quarry resulting in impact injuries	Guests	<ul style="list-style-type: none"> The group are told not to throw or kick stones over the quarry edge Instructor to manage the group Group are to wear helmets below the climbs
Difficulties in group management as the instructor is at the top and the group is at the bottom leading to situations and injuries	Guests	<ul style="list-style-type: none"> Where possible group leaders, volunteers and additional staff will be used to manage the group Where this is not possible the instructor must have a radio and is available to call for backup from office staff Where there is no additional assistance then the instructor must maintain line of sight of the group and has set in behaviours and boundaries during the briefing
Participants attaching to the rope incorrectly and the instructor not noticing as a result from belaying from the top of	Guests	<ul style="list-style-type: none"> The use of competent assistants or inducted group leaders can be used There is an obvious squeeze test before any climbing that shows to the instructors satisfaction that the system is correctly attached to the participant's harness

the quarry resulting in falls from height		
Participants adjusting their harness without the instructor being aware and not being able to fully check as they are at the top of the quarry resulting in falls from height	Guests	<ul style="list-style-type: none"> The use of competent assistants will be used where possible The harness check will take place at the top of the crag before they are due to ascend. Participants are briefed to leave their harness alone If there is any question as to whether the harness has been tampered with or altered in any way by the participant then they must return to the instructor for a re check
Falling off the top of the quarry after the climb as the safety line is taken off		<ul style="list-style-type: none"> The safety line will remain on until they are at a safe distance from the quarry edge
Abseiling		
Participants losing control of the abseil and impacting the floor	Guests	<ul style="list-style-type: none"> Safety rope (dynamic rope with an Italian hitch) used by the instructor to prevent a fall from height.
Participants getting hair caught in the figure of 8 resulting in distress and pain	Guests	<ul style="list-style-type: none"> Long hair tied back The abseil rope is releasable mean that the in the event of hair entanglement, the system can be undone, the hair released, the system retied and the abseil can continue as normal Instructors trained in this procedure
The abseil rope running over the gate of the karabiner and unscrewing it resulting in falls from height	Guests	<ul style="list-style-type: none"> Staff trained with this potential hazard during training and assessed on the correct method of attaching people to the rope is demonstrated repeatedly
Rope burns from descending too fast	Guests	<ul style="list-style-type: none"> All descents to be slow and controlled Safety line in place so the instructors can assist and manage this
Instructors abseiling without safety, losing control and falling from height	Guests	<ul style="list-style-type: none"> Only SPA assessed instructors can abseil with personal safety systems suitable for purpose and recognised within the SPA syllabus
Prussic wall - as abseil risk assessment with the following additions		
Slipping on the descent path and falling to the ledge resulting in impact injuries	Guests Staff	<ul style="list-style-type: none"> A thick rope is in place to aid people to descend The group briefed to take it slow and descend in a controlled manner Unconfident people can be coached by the instructor or roped down (SPA assessed people only)
Participants descending into water at the end of the abseil resulting in possible drowning	Guests	<ul style="list-style-type: none"> A canoe qualified instructor will meet participants at the bottom in a rafted canoe Buoyancy aids will be fitted to participants before the abseil
Falling into the quarry / capsizing into the quarry while untying the abseil at the bottom and returning to the bank safely	Guests Staff	<ul style="list-style-type: none"> See canoe risk assessment for control measures

Slipping on the top of the prussic wall when it's wet resulting in distress and cuts / grazes	Guests	<ul style="list-style-type: none"> The session is changed / cancelled or sitting on the edge and turning over as an alternative approach is adopted
Participants and staff falling into the water from the top of the quarry resulting in impact injuries and drowning	Guests and staff	<ul style="list-style-type: none"> All members of staff and participants on the lower platform will be attached to the stakes via a safety line
Prusiking up the wall and becoming stuck	Guests	<ul style="list-style-type: none"> This is only run using MIA or instructors with higher qualifications, who will have the ability to carry out a rescue from above
Staff Accessing the climbing and abseiling sites using abseiling techniques incorrectly leading to injuries and falls from height	Staff	<ul style="list-style-type: none"> All accessing never to be done in isolation Access harness to be used if possible Systems to be releasable so staff can be lowered to the ground in an emergency Back up knot pre placed to prevent a fall from height due to faulty equipment or incorrect use of equipment Staff encouraged to belay if appropriate 2 x anchor points to be used Staff are individually signed off by the centre manager
Wheel chair falling apart due to incorrect attachment to the safety and abseil line	Guests	<ul style="list-style-type: none"> The primary safety is attached to the participant and not the chair, this allows a margin of safety if the chair's structure collapses, then the participant does not result in a fall from height Staff are trained and a clear picture is displayed on the correct technique used to run the abseil with a wheel chair
Incorrect attachment for tandem abseils leading to falls from height	Staff, guests	<ul style="list-style-type: none"> Staff are trained on how to do this A clear and simple technique and picture are displayed to remind trained staff on how to set up and operate this

4.9. National Maritime Museum Cornwall (NMMC) abseiling NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General and climbing and abseiling NOP and Risk assessment; any conflict of procedures is superseded by this activity specific document.

BF 1. Qualification

- 1.1. Abseil -SPA- must have worked on the NMMC abseil before and seen the set up agreed by the BFA technical advisor
- 1.2. A BFA level 3 can operate with express permission from the technical advisor
- 1.3. Fitting harnesses- BFA level 1
- 1.4. Removal from the abseil system- BFA staff / trained person

BF 2. Ratios

- 2.1. 1:1 (with support crew)

BF 3. Location

- 3.1. NMMC observation tower

BF 4. Storage, inspections and maintenance

- 4.1. See BFA NOP for climbing and abseiling

BF 5. EAP

- 5.1. Use the NMMC procedures by contacting an NMMC member of staff

BF 6. Adaptations for groups with disabilities

NMMC lesson Plan

Typical session length	10 minutes per abseil
Aims and objectives	Fun
Equipment Needed	2 x 60- M static and dynamic rope Lots of locking krabs Lots of rigging rope Fig of 8's Gloves Roll mats Tape Hazard tape and cones PPE per active participant Radios
Set up notes	<ul style="list-style-type: none"> • Static rope around the lift shaft to high anchors • Set up is standard releasable abseil like at BFA • Pad out the bottom of the walk way • Safe area at the bottom marked out • If possible, remove the bulbs from wires
Introduction	This will be done by the booking staff
Main Delivery	Kiting up- this will be done on the observation platform by a BFA level 1 instructor Access- access is only permitted by permission and BFA staff will escort participants one or 2 at a time Abseil- normal procedures apply here, extra caution to be taken when crossing over the barrier and participants advised to fend off the bottom of the walk way to avoid head impacts End of abseil- participants met by BFA staff, removed from the system and taken out of the area under the abseil.
Summary	NA
Pack down	Leave site as it was found

Risk assessment for NMMC abseil

The following risk assessments are a list of site specific hazards and control measures associated with the NMMC

Hazards	Equipment The access walkway on the NMMC tower Anchor points Rope Windows on the bottom of the abseil Bottom of the abseil Communication Tower Disabled participants
---------	--

Risk	Who it effects	How is this controlled?
Equipment failing because the fitter is not competent leading to falls from height	Clients	The staff fitting the equipment may not be the instructors abseiling (SPA / MIA); in this case: They will be qualified to BFA climbing level 1 minimum or, the instructors running the abseil need to return to the observation tower and fit the harnesses themselves. All harnesses will be checked by the abseil instructors prior to descending
People falling over the barrier when accessing the abseil	Clients and staff	The hand rail is sufficiently high enough to act as a barrier People will only be allowed onto the walkway to abseil, escort people or to instruct. All other spectators will be watch from inside or be secured via a safety line to the hand rail. Instructors will have safety lines attached while instructing All equipment will be fitted inside the observation tower Access to the platform is by BFA staff only- participants will be escorted to the abseil points every time Special request to access the platform for purposes such as filming can be granted with permission from the abseilers, participants on the platform should have a safety line attached to the railing when in position.
Anchor points failing during abseil	Clients	The lift shaft is used as the primary anchor point by wrapping a rope around its main concrete shaft. An independent secondary anchor point is used and equalised to the primary anchor point which is a high point of the frame of the external walkway Rope protectors are used to protect from sharp edges although there is no need for them
Slipping while climbing over the walkway to gain access to the abseil	Clients	The safety rope is tied onto the participants prior to going over the abseil High anchor points eliminate the risk of a fall Padding will be used on the walk way to soften the edges New instructors to work alongside an existing instructor for their first time on the NMMC abseil to learn techniques
Hitting head on the bottom of the walk way	Clients	Extra caution taken by instructors Clear instructions

as people transfer to a free fall abseil		<p>Helmets to be worn by all</p> <p>Matting secured in place to soften any impact</p> <p>New instructors to work alongside an existing instructor for their first time on the NMMC abseil to learn techniques</p>
Rope burns to hands during the abseil	Clients	<p>Gloves offered to participants</p> <p>Abseils to be controlled by the instructor and abseils should be kept slow and controlled</p>
Abseiling down the window on the estate agents leading to breakage and/ or cuts	Clients	<p>The abseil will finish on the walkway above the estate agents meaning that this part of the abseil is missed out</p>
Equipment / abseilers landing on members of the public	Public, staff	<p>The access path around the NMMC will be closed / manned by a member of staff during the event</p> <p>The bottom of the abseil will be roped off</p> <p>People in the roped off area will be managed by a BFA member of staff</p> <p>Helmets must be worn in this area</p>
Messages getting lost among the BFA team leading to distress and delays in abseil	Staff, guests	<p>Radios will be used by BFA staff to communicate</p>
Instructors failing due to lack of specific experience abseiling from the tower	Clients, staff	<p>The set up is designed by an MIA instructor which is a suitable qualification for the purpose</p> <p>Abseiling is run by SPA instructors</p> <p>The site can be set up from people with SPA as long as they have been shown and are competent to replicate the set up to our technical advisors standards</p> <p>Competent and experienced BF Adventure Level 3 instructor can run the abseil alongside a Qualified SPA as long as they have permission from the technical Expert.</p>
Disabled participants who are unstable or have to Shuffle due to disabilities falling under or over railings leading to falls from heights resulting in significant injury and or death	Disabled participants	<p>Should any one require additional support then a top safety line is to be rigged using a static rope around the roof supports. Participants will then have a cows tailing clip in and out system using 2 x lanyards until they reach the abseil safety line.</p>

4.10. Climbing, Granite Planet NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	March 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. BF Adventure Level 2 climbing instructor with site specific induction to Granite Planet
- 1.2. Maintain BFA climbing status

BF 2. Ratios

- 2.1. As per climbing and abseiling guidelines

BF 3. Location

- 3.1. Granite Planet

Main delivery

- 3.2. As per climbing and abseiling guidelines

BF 4. EAP

- 4.1. As per climbing and abseiling guidelines

BF 5. Adaptations for groups with disabilities

Sample lesson plan for climbing, granite planet

Typical session length	1.5-3 hours
Aims and objectives	To work with confidence at height Learning to belay and become independent as a climber To operate with a team exploring issues such as trust and communication To have fun and become physically challenged
Equipment Needed	Helmet, Harness Belay devices and 2 x krabs Optional, climbing shoes and chalk bags
Set up notes	None but consider games for traverse room and boulder room
Introduction	Site rule, see local and published rules for the most up to date version. Reinforce the respect for other users
Main Delivery	Briefing As per climbing and abseiling guidelines and the following <ul style="list-style-type: none"> ○ Climbing wall <ul style="list-style-type: none"> ▪ Not using the lead bolts ▪ Not to walk under other climbers ▪ To be aware and courteous to members of the public ▪ To be aware of features when climbing and lowering off ○ Bouldering room

	<ul style="list-style-type: none"> ▪ Observe local and published rules ▪ No outdoor shoes ▪ Maximum of 3 climbers in the room at once ○ Traverse room <ul style="list-style-type: none"> ▪ Good group control ▪ Consideration of spotters for certain groups • Warm up in the traversing room, simple games and challenges to keep this fun and allow time for stretching after this. • In groups of 3, demonstrate the belay system and how to climb. • Allow time to practice the procedure and supervise the group climbing offering coaching and support as and when required • As the session allow time for explaining how climbs are graded and allow the group to explore the wall and chose their own climbs. • The use of the boulder room can break up climbing and utilise a different set of muscle group and techniques to enhance their experience.
Summary	Review what they have learnt today and specifically the differences between BFA and Granite Planet
Pack down	Count the kit in and return it BF Adventure stores

Risk assessment for Climbing, Granite Planet

The majority of this risk assessment sit with the climbing and abseiling risk assessment, these risks and control measures are supplementary to those.

Hazards	<ul style="list-style-type: none"> • Other users • Traverse room • Boulder rooms • Features
---------	---

Risk	Who it effects	How is this controlled?
Walking under someone else's climb during the lower off resulting in impact.	Other users and participants	<ul style="list-style-type: none"> • Participants briefed not to walk under people climbing • Group and climbing area managed by instructor to offer a safe working area
Disturbing other climbers though poor behaviour possibly resulting in injuries, falls from height and complaints	Other users and BFA	<ul style="list-style-type: none"> • Normally, BF Adventure uses the Granite Planet during week days when it is quite. • Groups briefed on behaviour and if necessary consequence set at the start of the session and the group removed if necessary.
Twisted ankles and wrist damage from falling off the wall in the traversing room	Clients	<ul style="list-style-type: none"> • The wall has a low ceiling meaning participants cannot climb too high • Good ground cover is in place • For young people or people at greater risk then the use of spotter can be used if appropriate.
Falling off the wall in the boulders room leading to impacts	Clients	<ul style="list-style-type: none"> • A maximum of 3 people to climb at any one time • Groups to be supervised at all times • Instructor briefing to participants not to walk under or behind participants climbing

		<ul style="list-style-type: none"> • Harnesses and outdoor shoes removed as per centre guidelines
Climbing into features and hitting heads or falling onto features resulting in small injuries	Climbers	<ul style="list-style-type: none"> • Briefing to climbers to be aware of features • Good belaying and no slack in the belay system • All lowering controlled/ backed up by the instructor • Helmets to be worn by all users
		<ul style="list-style-type: none"> •

4.11. First Aid Normal operating Procedures

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. ITC registered training and assessor:
 - Current First Aid at Work qualification
 - Teaching qualification (PTTLS)
 - Specific ITC training course

BF 2. Ratios

- 2.1. 1:16 for training and assessment

BF 3. Location

- 3.1. Indoor spaces large enough for the group being trained
- 3.2. Outdoor spaces on site taking into account:
 - Day light
 - Weather
 - Terrain
 - Other users
- 3.3. When using locations outside section 3 of this policy must be followed
- 3.4. Areas near quarry edges and water must not be used

BF 4. Storage, inspections and maintenance

- 4.1. Manikins
 - Stored in the secure store
 - Faces are thoroughly cleaned after every course
 - Lungs changed after every course
 - Faces wiped with antibacterial wipes when a different trainee uses it
- 4.2. Frequency of checks
 - Manikins checked before and after every course

BF 5. Equipment for session

- 5.1. Staff kit
 - Spare first aid supplies
 - Flip chart
 - Lap top
 - projector
- 5.2. Guest kit
 - 1 x manikin per 2 candidates
 - Antibacterial wipes

BF 6. Briefing

- 6.1. Safety points that need to be covered

BF 7. Main delivery

- 7.1.

BF 8. EAP

- 8.1. As section 3

BF 9. Adaptations for groups with disabilities**Risk assessment for ACTIVITY**

Hazards	<ul style="list-style-type: none"> • Manikins • Training
---------	--

Risk	Who it effects	How is this controlled?
Infection from dirty lungs due to improper cleaning of manikins	Staff Clients	<ul style="list-style-type: none"> • New lungs per course
Contagious diseases from sharing manikin face masks or due to improper cleaning	Staff Clients	<ul style="list-style-type: none"> • Faces on manikins cleans thoroughly after every use • Manikin faces are cleaned with antibacterial wipes when someone new uses it
Improper techniques being taught leading poor technique and subsequent injuries	Staff Clients	<ul style="list-style-type: none"> • Staff are trained to ITC standards • Internal and external verifications take place to ensure good practice • First Aid trainer must hold a current and valid first aid ticket
Trainees exiting the course with poor techniques leading to injuries when administering first aid	Public	<ul style="list-style-type: none"> • Staff standards are maintained through having a valid qualification • Internal and external verifications monitors standards of delivery • External accredited assessments provide assurances that standards are being met

4.12. Fishing NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflict of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. Fishing competent and an experienced instructor

BF 2. Ratios

- 2.1. 1:4 with a maximum of 3 fishing sites to manage in line of sight of each other

BF 3. Location

- 3.1. Any site specifically site assessed for fishing

BF 4. Storage, inspections and maintenance

- 4.1. Location – camping store
- 4.2. Frequency of checks - Half termly
- 4.3. Setting up TBC
- 4.4. Staff safety TBC

BF 5. EAP

- 5.1. follow site specific procedures listed on site assessment

BF 6. Adaptations for groups with disabilities

Sample lesson plan for Fishing

Typical session length	2 hours
Aims and objectives	Appreciation for Nature Working in teams Learning the basics of fishing Care for the environment
Equipment Needed	Equipment for session Staff kit <ul style="list-style-type: none"> • Throw bag • Guest kit • Fishing rods • Bait • Nets • Bucket to place fish in
Set up notes	Prepare equipment and purchase bait
Introduction	Briefing <ul style="list-style-type: none"> • walking only • Safe areas • Line of sight • Appropriate behaviour Aims of the session Safe areas of operation Hazards, fishing and the site System of operation
Main Delivery	Main delivery Before departure <ul style="list-style-type: none"> • Check equipment • Purchase bait • Offsite forms filled in appropriately Arrival on location <ul style="list-style-type: none"> • Make way to site carefully distributing the equipment among group • Set up kit area in a good open space • Agree fishing areas • Fishing Set up equipment Demonstrate appropriate techniques Explain about appropriate fish care Maintain line of sight and monitor/manage the group Packing up <ul style="list-style-type: none"> • Ensure all fish are returned unharmed back into the water • Pack and clean all kit away Carefully exit the area ensuring nothing is left behind Once the group have been shown the site and the site is established it is the anticipation that the group can be self-sufficient with the instructor roaming and helping / coaching where appropriate

	Care should be placed on environmental awareness and care towards the wildlife
Summary	
Pack down	Put all the equipment away clean and ready for use.

Risk assessment for Fishing

Hazards	<ul style="list-style-type: none"> • Projectiles flying through air • Piercing • Fibre glass splinters from damaged shafts on rods • Weather • Water • Staff • Communication • Access
---------	---

Risk	Who it effects	How is this controlled?
Cuts and incisions from hooks and other sharp implements	Staff and guests	<ul style="list-style-type: none"> • Clear instructions given • Constant monitoring throughout • Any 'horseplay' is not allowed • Casting in to Water only • All materials cleared down at the end of the day and sites kept tidy • Participants to check behind them before casting • Knives, scissors and other sharp objects held by and used by instructors <ul style="list-style-type: none"> • All spare hooks held by instructors. Tackle boxes kept at a safe distance
Casting injuries. E.g. being hit by objects, strains and sprains	Staff and guests	<ul style="list-style-type: none"> • Demonstrations, observations and monitoring by instructors.
Weil's disease, Leptospirosis, biological contaminants	Staff and guests	<ul style="list-style-type: none"> • All cuts and abrasions have waterproof plasters prior to the session commencing • Groups told to wash hands regularly • Groups told to wash hands at the end of session before eating.
Group members falling in to the lake / river / sea, hypothermia and drowning. Wet weather causing hypothermia.	Staff and guests	<ul style="list-style-type: none"> • Clear instructions given • Running not permitted around the sides of the water • Throw bags available • First aid kits including survival blankets to be taken around to the site • Cagoules and wet weather clothing recommended
Injuries occurring because the instructor has not got line of sight of the group	Staff and guests	<ul style="list-style-type: none"> • Sites chooses where there is a naturally good line of sight • Vigilance from the instructor • Non barbed fishing hooks to be used
Staff not competent leading to injuries or injuries worsening	Staff and guests	<ul style="list-style-type: none"> • Staff to demonstrate competence to the team leader or centre manager during a scheduled training session • this is to be updated every 3 years • staff to be competent at throw lines (BCU FSRT or deemed competent by an FRST assessor)

Fishing by moving water or the sea and the resulting injuries from slipping into these and drowning	Staff and guests	<ul style="list-style-type: none"> Fishing should only be done on stable platforms Fishing in the sea should only be done in calm conditions i.e. flat water with minimal movement Fishing only on slow moving rivers In all fishing locations, care should be taken to identify on the site assessment how to get help to people who fall into the water and how to get them out. Throw line to be carried
Poor communication leading to delays in assistance in an emergency	Staff, guests	<ul style="list-style-type: none"> Site assessment to make reference to communication limitations and appropriate measures put in place to reduce the risk
Poor or tricky access leading to slip, trip, falls or to staff getting lost on the way to and from a fishing venue	Staff, guests	<ul style="list-style-type: none"> Route to and from water will be marked on the site assessment Hazards identified and control measures put in place on the site assessment Off site venues to be lead by level 4 + instructor who have a greater degree of maturity and experience leading to sound decisions being made

4.13. Hiking NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. WGL is the minimum qualification
 - On well managed and planned expeditions, a WGL can remotely supervise other staff with groups. The freedom provided depends on the skills and experience of the staff in question and the decision will be made on a bespoke basis

BF 2. Ratios

- 2.1. 1:12
- 2.2. Competent assistants can be used for remote supervision of less experienced groups. The ratios per competent assistant are 1:6 and all groups should be operating in good conditions, in the same location and following a pre described route but keeping the maximum ratio of 1:12 per WGL + instructor
- 2.3. Competent groups can be left to self-manage but must have remote supervision or agreed check points to follow based on a pre-described route

BF 3. Location

- 3.1. Coastal paths
- 3.2. Bodmin moor
- 3.3. Dartmoor
- 3.4. Other site assessed locations

BF 4. Storage, inspections and maintenance

- 4.1. boots, rucksacks and coats are located in the equipment store
- 4.2. Compasses are located with the orienteering equipment
- 4.3. Checks are carried out half termly

BF 5. EAP

- 5.1. Normal EAP apply although staff may need to consider the following and outline these on the remote off site form:
 - Evacuating casualties- as per their training
 - Splitting or leaving the group to raise the alarm- careful consideration of the competence of the group, assistant leaders, equipment and weather should be thought about here

BF 6. Adaptations for groups with disabilities

Sample lesson plan for Hiking

Typical session length	3-6 hours
Aims and objectives	Independence Navigation skills fitness
Equipment Needed	Staff kit

	<ul style="list-style-type: none"> • Charged mobile phone • Map • Compass • Group shelter (can be left with the group) • Waterproofs • Spare clothing appropriate to the group and conditions • Hot drink (can be left with the group) • Touch • First aid kit • Emergency food • Whistle <p>Guest kit</p> <ul style="list-style-type: none"> • Waterproofs • Good shoes • Drink • Food • Spare clothes • Hats and gloves appropriate to the conditions • Maps for the group based on numbers and aims of the session • Compasses dependant on the ability of the group • Off site form and medical info • Hygiene equipment and toilet roll
Set up notes	<p>Offsite form</p> <p>Kit checks</p> <p>Weather forecast</p>
Introduction	<p>Safety rules and the aims for the walk</p> <p>The location of emergency equipment and the action in the event of an emergency appropriate to the level of supervision being provided</p>
Main Delivery	<p>Briefing</p> <ul style="list-style-type: none"> • Stay together • Walk and be aware of terrain • Kit check • EAP <p>Main delivery</p> <ul style="list-style-type: none"> • Prior to the session the offsite form must be completed in fully and with details of the expected route • Navigation should be taught and exercises put in place to practice this • The group should always be supervised (remote, check point or direct); this will depend on the outcomes of the exercise and the competence and maturity of the group • Check ins with the BF Adventure office should be regular and prompt in accordance with the arrangements on the offsite form <p>A combination of teaching, experimenting and exercises should be used to make the walk a rewarding as possible.</p>
Summery	<p>Check all equipment and the group to see what they learned and if they enjoyed it</p> <p>Check back in with office when back in the bus with ETA back at BF / accommodation</p>
Pack down	

Risk assessment for Hiking

Hazards	<ul style="list-style-type: none"> • Weather • Navigation • Staff competence • Terrain • Communication (lack of)
---------	---

Risk	Who it effects	How is this controlled?
Hot weather leading to heat exhaustion and heat stroke	Staff and guests	<ul style="list-style-type: none"> • Water to be carried by everyone, minimum suggestion 1 litre • Sunscreen to be worn and hats recommended in good conditions • group shelter to be carried • good route choice
Walkers becoming wet leading to hypothermia	Staff and guests	<ul style="list-style-type: none"> • Waterproof coats to be carried by all • Waterproof trousers are recommended • Waterproof boots are also recommended • appropriate clothes and layers recommended prior to walk and checked at the start of the walk
Cold weather leading to hypothermia	Staff and guests	<ul style="list-style-type: none"> • Walkers advised on appropriate clothing and this is checked prior to walking • Hats and gloves suggested if the conditions are expected to be cold • Hot drink carried by the group • Group shelter to be carried within the group • Spare clothes carries within the group
Walking in fog leading to participants becoming lost, becoming distressed and leading into situations where injuries may occur	Staff and guests	<ul style="list-style-type: none"> • Every group will have some level of supervision from a qualified instructor appropriate to the group and the programme they are on: <ul style="list-style-type: none"> ○ Direct supervision- an instructor stays with the group the whole time ○ Remove supervision- An instructor walks within eye shot of the group with the group following a pre described route ○ Check point supervision-Instructor meet the group at various agreed checkpoints following a pre describe route • The use of competent assistants / instructors can be used to reduce the risks with remote supervision and check point supervision • A whistle is to be carried between the group and people are encouraged to carry a whistle personally
Walking in snow leading to hypothermia, increased slips trips and falls and getting lost	Staff and guests	<ul style="list-style-type: none"> • No session to take place if snow is forecast • Groups will be kitted out with appropriate clothes, waterproofs and footwear • All group will have supervision of some kind so intervention and escape can be established
Being blown over by strong wind leading to falls and falls from height	Staff and guests	<ul style="list-style-type: none"> • No walks are to take place in winds exceeding force 5
The navigation ability of the group being	Staff and guests	<ul style="list-style-type: none"> • Groups with direct supervision will be guided by the qualified instructor

insufficient leading to getting lost and injuries stemming getting lost		<ul style="list-style-type: none"> Groups with some experience and or training may supervised remotely allowing for them to be caught or guided soon after they become lost. The expectation here is that the pre planning with the instructor beforehand take into account possible escape routes and strategies in the event of getting lost to include: <ul style="list-style-type: none"> ETA Escape routes Communications Check points Out of bound zones
Staff inexperience leading to poor judgements and injuries and getting lost	Staff and guests	<ul style="list-style-type: none"> The minimum qualification for taking groups walking is the WGL Competent assistants can assist as detailed above, these people can be staff or volunteers or very experienced young people. They become competent through accountable experience (i.e log books), prior training or other walking awards and can assist by taking on lead roles Responsibility for all walkers remains with the qualified instructor Direct supervision 1:12 for qualified instructor Competent assistant can supervise up to 6 people A maximum of 2 competent assistants can work at any one time
Falls from outcrops, tors, cliff edges etc leading to falls from height and death	Staff and guests	<ul style="list-style-type: none"> Steep ground as defined in the ML syllabus (ground where short rope techniques is likely) is to be avoided Suitable paths are to be used when walking on the coastal paths
Remoteness of site leading to injuries worsening due to poor communication and access /egress	Staff and guests	<ul style="list-style-type: none"> Off site remote procedures followed CM / Team leader authorisation needed before permission is granted Escape routes planned and checked
Injuries to participants and other participants from scrambling and falling from scrambles	Staff and guests	<ul style="list-style-type: none"> No scrambling is allowed unless staff hold the ML qualification- this is defined in local guide books as a graded scramble Staff with SPA may decide to place safety on certain routes in line with their qualifications
Injuries worsening due to limited communication from poor or no phone signal	Staff and guests	<ul style="list-style-type: none"> All staff to carry charged phones All staff training and competent to navigate to safety and manage the group and where necessary evacuate casualties, see above Route plans with ETA will be left with the BF Adventure office and contact with the emergency services will be made if the group do not check in at the expected time First aid kits will be carried Emergency kit to be carried within the groups should include: <ul style="list-style-type: none"> Shelter Spare clothes Food Drink (hot and cold) Means of contact whistle

4.14. Kite 2 harness and assisted climbing techniques NOP

This policy also acts as a standalone set of procedures for hire purposes

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Suggested Qualification

- 1.1. SPA or greater
- 1.2. Specific training from an expert or a very experienced person
- 1.3. Supervised experience of the equipment in use

BF 2. Ratios

- 2.1. NA

BF 3. Location

- 3.1. ZIP wires, climbs and abseils

BF 4. Storage, inspections and maintenance

- 4.1. Climbing store
- 4.2. Safety check inspection prior to each use

BF 5. Setting up

- 5.1. As per training and client needs
- 5.2. As per manufactures guidelines

BF 6. Equipment for session

- 6.1. Various CE stamps can be used

BF 7. Briefing

- 7.1. With young people and carer looking at support needs and aims of sessions
- 7.2. Look at comfort and safety and outlay expectations of session

BF 8. Main delivery

- 8.1. Fit equipment safety and with respect
- 8.2. Be aware of manual handling issues; work with parents and carers to ensure everyone is safe
- 8.3. Small operational test (small haul and suspension)

BF 9. EAP

- 9.1. A system should set up where the participant can be lowered down

BF 10. Adaptations for groups with disabilities

Risk assessment for kite 2 harness and assisted climbs

Hazards	Staff Equipment Users Hire Manual handling
---------	--

Risk	Who it effects	How is this controlled?
Inadequately trained staff leading to falls from height or distress	Guests	<ul style="list-style-type: none"> Staff using the equipment must have appropriate training and experience which is: Suggested minimum qualification SPA (which suggests that they have been assessed competent in the use of buckles, adjusting, checking of equipment, systems of use, metal work, belaying, knot tying etc.) Specific training by a competent / very experienced person Experience of using the equipment under supervision
Equipment failing due to poor maintenance	Guests	<ul style="list-style-type: none"> Equipment checked prior to every use and this is logged on safety check form Storage area is clean, dark and dry in accordance with manufacturer's recommendations All equipment is stored in line with manufactures recommendations
Equipment used incorrectly leading to critical equipment failure and falls from height	Guests	<ul style="list-style-type: none"> See above (inadequately trained staff...) On pick up of equipment a judgement is made by BFA staff in regards to hirer's confidence and ability (where necessary) the equipment forms an addition to the pre established safety system. A BF sit harness and or chest harness / full body harness will be used in conjunction with the kite II harness to act as a backup in case of equipment failure
The user's needs leading to misuse of the equipment leading to falls from height and distress	Guests	<ul style="list-style-type: none"> The instructors to work with the users and associated parents / carers to ensure that the equipment is properly fitted and used The instructor to have experience of working with a variety of different types of people and is experienced enough to adapt the equipment as per training
Inexperienced use from people hiring the equipment leading to falls from height, distress and damage to equipment. This will also lead to damaged reputation towards BFA in regards to its ability to operate safely and reasonability	Guests	<ul style="list-style-type: none"> The hirers of the equipment must accept full responsibility for the use of equipment and for any and all accidents and incidents by agreeing to the hire agreement and terms and conditions of use. The risk assessment and NOP of the equipment must be read and understood A period of checking the equipment between the hirer and BFA must take place and both parties must be assured that: The equipment is fit for purpose

		<ul style="list-style-type: none">• The staff operating the equipment are competent
Injuries from lifting the participant into the harness or in preparation for the activity	Staff, users	<ul style="list-style-type: none">• When fitting the harness a variety of techniques can be used. One of note is transferring the users to a simple unarmed chair and asking them to lean forward while the harness is slid under them (as per training)• When lifting and hauling a recognised hoist system should be used with appropriate safety systems to comply with working at height regulations / loler regulations.

4.15. Low Ropes NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. BFA trained
- 1.2. An Adventure Quarry sign off will be sufficient to run the low ropes providing the instructor has experience on the low ropes course and has read and signed this NOP
- 1.3. 2 year refresher
- 1.4. Third party users may use the low ropes if they have had an induction by a BF Adventure member of staff and have read this NOP

BF 2. Ratios

- 2.1. 1:12
- 2.2. Some sessions may require additional staff in the form of staff members or volunteers, for extra group/risk management. (If a volunteer is utilised then highlight what is expected of them and ensure they understand.) Consider holding back participants from starting elements of the course until the group is together – to help with group management, if another staff member is unable to help

BF 3. Location

- 3.1. Purpose built low ropes course at BF Adventure

BF 4. Storage, inspections and maintenance

- 4.1. All equipment is stored on location in the lower green metal container. This contains the metal poles for the pole crossing, and a number of pans for the water carrying challenge.
- 4.2. Checks should be carried out before session to ensure the area is safe to use. Inspection and maintenance should be in accordance with the termly ASR checks with issues addressed as required.

BF 5. EAP

- 5.1. See on site activities

BF 6. Adaptations for groups with disabilities

- 6.1. Consider using the bright blocks for confidence/balance/enhancing the chance of successful completion of the course. These can be used as required and moved around as needed.
- 6.2. Consider how many metal poles are on offer for the pole crossing.
- 6.3. Consider direct intervention – the right amount will need to be constantly assessed to offer the right amount of challenge for participant achievement.

Low Ropes Sample lesson plan

Typical Session Length	1.5 hours (adaptable as needed)
Aims and Objectives	<ul style="list-style-type: none"> • To encourage team work • To develop cognitive and communication skills • To be fun and engaging • To be safe
Equipment Needed	<ul style="list-style-type: none"> • All equipment is already set up, except the pole crossing and the tyres and plank • Pans for the water challenge (as needed) • Blindfolds (as needed)
Set-up Notes	<ul style="list-style-type: none"> • Check the low ropes before use • Visual check of apparatus before use • The elements of the low ropes that require setting up are the pole crossing (the metal poles should be readily available) the tyre and planks (planks should be checked to ensure they are still usable, and the station set up accordingly) and the rope swing (depending on group ability the platforms can be moved varying distances to add or lower the challenge as needed.) •
Introduction	<ul style="list-style-type: none"> • Introduce yourself and other staff as necessary • Introduce 'Challenge by Choice' • Safety rules, stay in area, listen to instructions, any other instructions relevant to session, refer to risk assessment and training, movement on wires, movement as a group, spotting, • Medical information
Main Delivery	<ul style="list-style-type: none"> • Instructors to place themselves in a position of maximum usefulness - i.e. dynamically look at the risks and place themselves where they can best be managed. • Utilise other staff/ volunteers in accordance with the above. Prioritise elements with a higher element of risk (consider height factor) • Guests can be used to aid the safety of the session through appropriate dynamic training by the instructor (spotting, direct encouragement through the use of offering a hand for balance, etc.) • Dependant on the groups and their aims for the day. The low ropes course can be used so each element flows continually, or can be used in isolation. Each element offers its own challenges and so can be used to build confidence in participant's abilities and skills. Each element can be repeated as much or as little as needed for the desired outcome. • Each element should have a small, dedicated safety brief. This can be instructor led or guest led, however all relevant areas of safety highlighted in the NOP and risk assessment must be covered, and understood by all participants and observers. • Use of games and extra challenges <ul style="list-style-type: none"> ○ Water carrying challenge; ○ Standard challenge
Summary	This can be done to fit the group's needs. Reviews can take place throughout the session - and consider reviews during elements that groups appear to be struggling on. A session review can take place at the end of the session
Pack down	<ul style="list-style-type: none"> • All equipment used to be returned to the correct storage area.

Low Ropes Risk Assessment

Hazards	General, including postman's walk Pole crossing Foot wires Trust V Postman's walk Vertical cargo net Multivine Rope swing Counterbalance
---------	--

Risk	Who it effects	How is this controlled?
General , including postman's walk		
Falling from apparatus awkwardly leading to twisted ankles, neck and back injuries	Guests	<ul style="list-style-type: none"> • Good briefing and suitable behaviour ie. Step down instead of falling down • Soft ground cover to be in place • Apparatus set at suitable height • Consideration of spotters depending on group and abilities • Users briefed to always have hold of a person, a pole or someone holding to a pole • Lunging for secure points discouraged
Overcrowding on apparatus leading to structural failure or participants falling from lack of space	Guests	<ul style="list-style-type: none"> • maximum users size (see later in risk assessment) must be adhered to at all times • Group management advised, this could be but not limited to: <ul style="list-style-type: none"> ○ The group to stay within a 3 pole gap ○ 1 person move at a time ○ Groups to spot every move • Maximum of 4 people per wire and 8 people per platform
Inappropriate use of equipment leading to impact injuries	Guests	<ul style="list-style-type: none"> • instructor briefings to include no jumping / launching to elements, • if necessary, participants are shown how to use the apparatus • clear briefings or agreements between the groups and the instructor detailing correct methods of operation • monitoring by staff and reinforcement of rules
Poor positioning and or awareness of the instructor resulting in them not being able to intervene resulting in falls	Guests	<ul style="list-style-type: none"> • Instructors to maintain line of sight and a position of maximum usefulness • Instructors to remain ready to interact i.e. no hands in pockets or on the phone etc
Watches, necklaces and bracelets being grabbed by other participants resulting in breakages and minor injuries	Guests	<ul style="list-style-type: none"> • Where appropriate, jewellery should be removed prior to taking part on the low ropes
Rope burns from slipping while holding ropes	Guests	<ul style="list-style-type: none"> • Appropriate briefing • Appropriate challenges set

		<ul style="list-style-type: none"> Support provided for struggling participants
Pole crossing		
Falling from height by placing poles in the high level holes leading to impact injuries	Guests	<ul style="list-style-type: none"> Soft ground covering Participants encourages to use lower holes and remain below the instructor waist height
Slipping and impacting the static vertical wooden poles with their bodies resulting in impact injuries	Guests	<ul style="list-style-type: none"> Participants encouraged to use 3 points of contact Participants are advised to support each other Participants advise not to "over stretch" to avoid soft tissue injuries 2 people per peg maximum
Foot wires		
Slipping from the wires resulting in impact injuries	Guests	<ul style="list-style-type: none"> Participants advised to walk on the wires with toe to heel or using the arches Participants advised to take their time Appropriate shoes (as per footwear policy) are to be worn 5 people max per wire Participants on foot wires advised to face towards the middle of the course
Trust V		
People falling onto the wires, leading to impact injuries and grazes from the wire	Guests	<ul style="list-style-type: none"> The activity must be done by 2 people at the same time People must stay on a single wire and not walk on both at the same time Fingers must not be interlocked, an appropriate grip is palm to palm
Vertical cargo net		
Falling from height resulting in impact injuries	Guests	<ul style="list-style-type: none"> Participants are not to have their feet above head height of the instructor Advice provided to have their hand on the rope at their head height and to have 3 points of contact if necessary Advice provided to have their body and weight close to the net 6 people maximum on the net at any one time
Rope burns from slipping with the net	Guests	<ul style="list-style-type: none"> See above
Multivine, tension traverses (as general +)		
pengelium swing resulting people and or apparatus causing injuries	Guests	<ul style="list-style-type: none"> Activity designed to minimise injuries People advised to face inwards meaning that a potential fall will be away from (out from) the apparatus Spotting required by staff and or other users
Rope swing		
Participants unable to hold body weight and sliding down the rope resulting in rope and friction burns	Guests	<ul style="list-style-type: none"> Knot placed in the rope to aid them holding their weight Spotting and assistance can be provided where appropriate
Impacting group members who are on the platform and knocking them to the floor while swinging across	Guests	<ul style="list-style-type: none"> Challenge appropriate to the group Group behaviour monitored and managed Instructor to spot if necessary

Overloading the rope	Guests	<ul style="list-style-type: none"> • One per on the rope at any one time
Fall from height from participants climbing the rope	Guests	<ul style="list-style-type: none"> • Clear challenge set that does not include climbing the rope • Instructor supervision • Clear briefing
Counter balance		
Plank slipping / falling / failing resulting in a fall from height (1 M)	Guests	<ul style="list-style-type: none"> • Ensure that the plank is flat and uses the whole width of the platform • The plank should be weighted with all available group members providing this does not become dangerous or over crowded • People walking the plank should do so slowly and cautiously so an awareness of the tipping point established • Staff to spot the person walking the plank

4.16. Nature Trail, Circular Walk, orienteering(at BFA) NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. None required but all users must have access to this NOP and have read this prior to use
- 1.2. First aid qualification is recommended

BF 2. Ratios

- 2.1. Recommended 1:30 maximum on all sections
- 2.2. This activity can be done without supervision

BF 3. Location

- 3.1. BFA nature trail, orienteering course and circular walk

BF 4. Storage, inspections and maintenance

BF 5. EAP

- 5.1. BF Adventure staff- follow EAP
- 5.2. A mobile phone is recommended on the top of the temple run to contact the office in case of an emergency
- 5.3. Visitors-Follow guidance in the packs

BF 6. Adaptations for groups with disabilities

- 6.1. The green route is wheel chair friendly and take in the sensory trail
- 6.2. This activity may not be suitable for the majority of people with disabilities, see guidance from the centre manager

Sample lesson plan for nature trail, circular walk and orienteering

Typical session length	Green route (abled bodied group) 30 minutes Green route (disabled group) up to 1 hour Green and orange route - 1 hour Green, orange and red route 1.5 hours
Aims and objectives	Explore the quarries and nature at BFA Learning about BF Adventure's habitats and wild life To be interactive and fun
Equipment Needed	<ul style="list-style-type: none"> • Packs at least 1 to 3 participant • First aid kit • Charge phone / radio • Pens, pencils, crayons • Wellies if walking the red section for the nature trail or the circular walk
Set up notes	Ensure at least 1 pack per 3 people
Introduction	<ul style="list-style-type: none"> • Stay together • Action in the event of an emergency (see packs) • Action for: <ul style="list-style-type: none"> ○ Horses-quiet and move slowly and wide ○ The lane- single file and no stopping • How the pack, map and nature trail works
Main Delivery	Start in the outdoor classroom and follow the route around site making your way to the numbers posts and signs
Summary	Review learning
Pack down	

Risk assessment for Nature Trail, Circular walk and orienteering

Hazards	<ul style="list-style-type: none"> • Quarries • Water • Other users • Getting lost • Remoteness (in an emergency) • Bogs • Off site and public right of ways • The lane • Land owners
---------	--

Risk	Who it effects	How is this controlled?
Quarries		
Falling over a quarry edge leading to significant injuries and or death	Users	<ul style="list-style-type: none"> • All way points are away from cliff edges except for the water quarry sign which is placed 2 meters away from an obvious cliff edge • All gates are leading to quarries are closed and the most risky areas are padlocked and have signs placed
Water		
Falling into water quarries leading to	Users	<ul style="list-style-type: none"> • All routes are on well-defined paths • All bodies of water have life rings located • Deep water signs are placed where appropriate

drowning and hypothermia		Contact numbers provided for main office on groups packs for "in the event of an emergency"
Other users		
Participants wandering into other activities such as archery, zip wire, climbing sessions and becoming injured or injuring others	Users, other users	<ul style="list-style-type: none"> Other activities have in their NOPS for addressing others users (such as archery over shoot area) The main walk ways naturally lead people into safe areas Gates and not accessible areas have gates and in more risky areas these gates are locked.
Getting lost		
People becoming lost, distressed and wandering into more dangerous situations	Users	<ul style="list-style-type: none"> The routes are on well-defined paths Maps are provided Groups who have less navigation ability or are not emotional mature enough to be unsupervised should be supervised by an adult Contact number for BF Adventure is on nature trail maps Recommended supervision: <ul style="list-style-type: none"> 1:30 as a maximum ratio. This is suggested for groups of young people 1:10 is a suggested ratio for groups of young people NO supervision is an option for groups who are self-reliant and emotionally mature Action in the event of getting lost: <ul style="list-style-type: none"> Stay together Back track steps Call BF Adventure office on the numbers in your pack
Remoteness in an emergency		
Injuries becoming worse due to being away from the main site or because visiting groups are not first aid trained	Users and visitors	<ul style="list-style-type: none"> BF Adventure recommends that all visiting groups have a first aid qualified person with every group BF Adventure recommends that every visiting group has a charged mobile phone with every group All walks have good access although in an emergency, access can be difficult On packs there is an action plan for what to do in an emergency including contact numbers for the BF Adventure office
Bogs		
On the circular walk and the post in the hidden quarry there are bogs that can get deep (1 M) in wet conditions. These could lead to distress, minor injuries and hypothermia	Users	<ul style="list-style-type: none"> Good shoes to be worn, wellies and spare clothes if doing the red route section of the nature trail is highly recommended
Off site and public rights of way		
The red section of the nature leads onto a public bridle way. Other users such as horse riders and cyclists may use this track and can	Users	<ul style="list-style-type: none"> Groups to be briefed and made aware of the other users Supervision is recommended for younger or less experienced groups Good group control and a courteous attitude to other users should be briefed

lead to impact and crush injuries.		<ul style="list-style-type: none"> With horses, the groups are briefed to be quite and move slowly past the animal and its rider.
The lane		
There is about 100 meters where the lane is to be used. This has access to vehicles to the local farm infrequently that result in crush injuries or death.	Users	<ul style="list-style-type: none"> Good group control Group not to hand around on the road and make a steady progress to the bridle way or to the centre.
Land owners		
Wandering off footpath onto other people's property leading to distress and upset land owners	users	<ul style="list-style-type: none"> 85% of the walk happens on BF Adventure property When off site, the paths are clear and a map is provided
Rock falls leading to impact injuries and or death on the splinter to bridge path	All users	<ul style="list-style-type: none"> The new bottom path is well clear of any potential / theoretical rock falls The top path is a well established path that has a fixed rope hand rail in the boulder pile. The route has been and is well used and has not shown any sign of movement in a long time. This contributes to is low to medium category rating Staff and leaders to keep an eye out for loose rocks and all movement / suspected movement is to be reported immediately to the DM and CM.
Rock falls in the grand piano area leading to impact injuries and death	All users	<ul style="list-style-type: none"> This area of potential danger is clear as the new path in 2015 has rerouted around the area by creating the new bridge crossing by duck island
Falling from the down climb leading to impact injuries and potential breaks	All users	<ul style="list-style-type: none"> The rope pass through 2 independent petzl hanger anchors drilled into the rock by experience people (tony Baker (CM) and Andrew Hunt (maintenance manager) using techniques familiar to them. Each anchor point holds a 18-25kN of force depending on the angel of force which in every case is towards the higher end of the scale People are informed that the walk is physically demanding before they partake. Signs are in place. Option to avoid the scramble net and down climb is available by use of the raft crossing Rope in place to assist in down climbing Spotting can and is recommended for everyone coming down the down climb The down climb is 1 M high No jumping from the down climb

4.17. Off site (non remote) NOP to include non-adventurous activities (see below BF 3)

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. None- instructor in charge must be a level 4 BFA Instructor or above or have the permission of the CM or Team Leader

BF 2. Ratios

- 2.1. 1:8
- 2.2. When operating offsite we strive to operate with 2 adults present although at times this is not always possible. See the safe guarding policy for advice in these circumstances
- 2.3. Additional adults can assist to allow more guests to operate off site, these include volunteers, trainee instructors (level 2), teachers / youth workers / groups leaders, any other BFA staff

BF 3. Location

- 3.1. This NOP allows staff to operate off site on locations that have been site assessed (see company drive) running any of the activities listed in section 3.3 following all NOPS
- 3.2. Level 5 instructors are deemed competent to risk assess new venues for the above activities dynamically using the BFA site assessment template. This will be added to the site assessments located in this document
- 3.3. The following activities are included in this NOP and risk assessment:
 - 3.3.1. Beach's- games, building sand castles, exploring, paddling to knee depth on suitable beaches (see site assessment)
 - 3.3.2. Rock pools- exploring,
 - 3.3.3. Crabbing
 - 3.3.4. Bowling
 - 3.3.5. Use of indoor and outdoor parks / play areas
 - 3.3.6. Museums, tourist attractions, restaurants and walking in and around towns
 - 3.3.7. Walking in suitable locations with good communication (less than 20 minutes from transport with easy walking or be in visual contact with the transport)
 - 3.3.8. Swimming at Swimming Pools

BF 4. Storage, inspections and maintenance

- 4.1. NA

BF 5. Setting up

- 5.1. Staff must complete the offsite form in the diary
- 5.2. Staff must inform the duty manager or team leader of their intention / proposed activity
- 5.3. Must have appropriate Equipment (see risk assessment)
- 5.4. Staff must report back in with the duty manager when back on site
- 5.5. Suitable means of communication (charged mobile phone / VHF Radio)

BF 6. Equipment for session

- 6.1. Normal first aid kit (BFA bum bags)
- 6.2. Throw line (if operating on non-lifeguarded beaches)

BF 7. Briefing

- 7.1. Stay together

- 7.2. Medical information (before leaving site)
- 7.3. Appropriate behaviour / language suitable to the environment
- 7.4. Paddling in life guarded beaches only up to knees

BF 8. Main delivery

- 8.1. NA

BF 9. EAP

- 9.1. Follow EAP

BF 10. Adaptations for groups with disabilities**Offsite (non remote) Risk assessment**

Hazards	Working away from BF Adventure site Weather Interaction with the public Beaches Rock pools Crabbing Sports facilities Non adventurous activities Walking in "non remote" locations Swimming Pools
---------	--

Risk	Who it effects	How is this controlled?
Poor weather having a detrimental effect on the group leading to heat related heat related or cold related injuries and conditions	Staff Guests	<ul style="list-style-type: none"> Staff to prepare the day based on the weather conditions Hot day- plenty of water and suncream Cold day- spare hats, gloves and access to warm drinks Wet day- spare waterproofs
Staff not experienced enough to recognise and identify hazards dynamically putting the group at risk	Staff Guests Public	<ul style="list-style-type: none"> BFA uses level 4 and above instructors who have 2+ seasons of experience on offsite activities as the lead instructor Only level 5 staff can use sites that have no site assessments and dynamically assess them
Limited access to BFA staff and resources leading to a poorer first aid provision and staff support should groups become difficult	Staff Guests	<ul style="list-style-type: none"> Groups are appropriately staffed Volunteers used as necessary Staff complete an offsite form including contact details, ETA Staff seek permission from Duty manager / team leader before going off site. Duty manager / team leader makes the decision as to whether the proposed off site activity is suitable before giving permission All non remote locations have good communication and easy access.
Inappropriate interaction with groups and the public leading to BFA losing its good reputation and the public have a bad experience	Public Guests BFA	<ul style="list-style-type: none"> groups taken to appropriate sites groups briefed behaviour managed groups removed from the site due to poor behaviour

The group needing assistance and not being able to contact site leading to situations worsening	Staff Guests	<ul style="list-style-type: none"> During site assessments, a suitable system of communication will be established. Should a location not have a simple system of communications (no mobile signal and no nearby phone boxes) then it will be classified as remote and the off-site (remote) NOP will apply (see NOP for remote off site risk assessments) If the group are not back by the ETA on their sheet then the duty manager will use the contact on the off-site form Following a 30 minute period unable to contact the group and the group not being back on site then a member of staff will go and look for the group. Following an hour with no contact and the group not being on site then the EAP will be followed
Venue specific hazard not being covered in this risk assessment leading to injuries	Guests, staff, public	All sites used must: <ul style="list-style-type: none"> Be site assessed Be approved for a dynamic site assessment from a Level 5 + instructor or by the CM and fed back immediately to the CM for approval for future use.
Beaches		
Being cut off by the tide leading to drowning and hypothermia	Staff Guests	<ul style="list-style-type: none"> Guests only to enter the water up to knees on life guarded beaches between flags unless express approval from a DM is gained prior to leaving site Local advice will be copied onto the site assessment, this will be read and understood by staff before using the beach and appropriate plans made based on this information Groups and instructors to stick to the beach and rock pools that are easily accessible i.e. no climbing, Coaststeering or scrambling
Sand getting into eyes	Staff Guests	<ul style="list-style-type: none"> Clean water to be carried in first aid kits Kicking and throwing of sand is considered poor behaviour and will be discouraged
Participants becoming trapped / buried by sand in large holes	Staff Guests	<ul style="list-style-type: none"> Large holes to be monitored and discouraged No tunnels between adjacent holes to be built
Being swept out to sea while paddling leading to drowning	Staff, guests	<ul style="list-style-type: none"> Staff to brief and ensure that participants never go deeper than their knees into the sea Beach site assessed as not suitable for paddling are not to be used for paddling Throw line taken to non-lifeguarded beaches
Rock pools		
Slipping and falling leading to cuts and scrapes	Staff Guests	<ul style="list-style-type: none"> Group briefed to walk and take care Good secure footwear to be worn by all
Falling into rock pools and drowning	Staff Guests	<ul style="list-style-type: none"> Good group control Instructor is first aid trained with CPR skills included in their training
Damaging wildlife through exploring activities	Environment	<ul style="list-style-type: none"> Staff to brief and monitor group and how to handle / interact with the wildlife found in rock pools
Crabbing		
Falling into the water and drowning	Guests	<ul style="list-style-type: none"> Good group briefing Good group control Throw bags to be carried by the instructor

Injuries to crabs and guests through improper handling	Guests Environment	<ul style="list-style-type: none"> • Staff aware of how to handle crabs • Staff to brief proper techniques • Staff to monitor the group
Indoor and outdoor sports- purpose built and managed facilities		
Injuries due to lack of local information	Guests Public Staff	<ul style="list-style-type: none"> • Local information followed and recorded on site assessments
Injuries due to poor equipment and clothing	Guests Staff	<ul style="list-style-type: none"> • Secure footwear to be worn • PPE used if appropriate • Skate parks-helmet, knee and elbow pads
Failure to listen to marshals / site specific staff leading to injuries to people and the possibility of other groups not using the facilities in the future	BFA Public Staff Guests	<ul style="list-style-type: none"> • Staff to support the marshals / site specific staff's decisions unless there is a good cause to believe there is discrimination • The groups to be removed from the site if appropriate
Injuries to soft tissue due to poor warm up	Staff Guests	<ul style="list-style-type: none"> • The group will be warmed up appropriately for the activity in question
Apparatus failing due to poor maintenance leading to falls or impact injuries	Guests	<ul style="list-style-type: none"> • BFA staff will visually inspect the apparatus before and will monitor the equipment during use to ensure it is safe to use using their best judgement • Equipment will be used as instructed / illustrated or as intended as per its build (i.e. if there is only one seat then it is intended to be used for one person)
No activities- museums, walking around towns, tourist attractions, restaurants		
Allergic reactions while eating food	Guests	<ul style="list-style-type: none"> • Staff to be aware of food allergies at the time of booking and any food consumed should be appropriate • Epi pens to be carried if users have this stated on their medical information
Walking in defined "non remote" areas of nature i.e. woodlands, quarries, nature trails		
Becoming lost leading to injuries worsening and fatigue	Staff Guests	<ul style="list-style-type: none"> • Areas defined as "non remote" will be within 20 minutes easy walking to the access vehicle. This will be on well-defined paths such as nature trails. • Communication should be considered good i.e. good phone signal or an easy means of contacting assistance from public phones or rangers / wardens etc.
Swimming in Swimming Pools		
Breach of cover up policy	Guests	<ul style="list-style-type: none"> • BFA's cover up policy is not applicable during because of the advice and rules set by the swimming pools

4.18. Off site (remote) NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. See site assessment

BF 2. Ratios

- 2.1. See site assessment

BF 3. Location

- 3.1. Refer to site assessment

BF 4. Storage, inspections and maintenance

- 4.1. NA

BF 5. Setting up

- 5.1. Remote off site form to be completed in detail and handed to the duty manager /team leader
- 5.2. This must be approved by a manager, the form signed before the instructor leaves site

BF 6. Equipment for session

- 6.1. Appropriate spare clothes
- 6.2. Group shelter (if deemed necessary in site assessment)
- 6.3. Any other equipment assessed in the site assessment

BF 7. Briefing

- 7.1. Safety points that need to be covered as detailed in site assessment

BF 8. Main delivery

- 8.1. Group medical information and where necessary medication must be taken and accessible during the off site activity
- 8.2. The group must sign back in with the manager upon return to the site
- 8.3. Late arrivals must communicate their new ETA as soon as possible

BF 9. EAP

- 9.1. Normal EAP applies
- 9.2. In the event of a late group:
 - 9.2.1. Duty manager to contact instructor at ETA on remote off site form
 - 9.2.2. This should be attempted for 15 minutes
 - 9.2.3. If no contact, then the manager will arrange for a team of staff (min 2) to take the grab bag and investigate
 - 9.2.4. Should there be no contact with the group for over 1 hour then the police should be called on 101 and informed

BF 10. Adaptations for groups with disabilities

Off site (remote) risk assessment

Hazards | Unable to contact office
 | Site specific hazards

Risk	Who it affects	How is this controlled?
Unable to contact the office or medical services should an accident arises	Staff, guests	<ul style="list-style-type: none"> • Where possible, a well charged means of communication should be carried • Every mobile number of the group must be placed on the offsite form • Office staff informed of location, proposed activity and ETA back onto site • Procedures set in 9.2 for the safe recovery of late groups
Staff becoming injured leading to lack of leadership and injuries worsening	Staff, guests	<ul style="list-style-type: none"> • Site assessments detail risk involved in remote session and minimum staffing requirements • Where possible, 2 adults will be on sessions • A copy of the off-site procedures will be carried within the group which will contain a map of the area which can be used to seek further assistance
Remoteness of site leading to slow response of emergency services and tricky egress from site leading to injuries worsening	Staff, guests	<ul style="list-style-type: none"> • All site risk assessed • Risk assessments will suggest appropriate qualification if not already risk assessed • Office will be informed of ETA and will have approved an off site remote form and action ETA and calls
Hazards not highlighted in this NOP causing injuries or leading in injuries worsening	Staff, Guests	<ul style="list-style-type: none"> • Every site used in a remote setting will have a specific risk assessment contained within the site specific off site form. • Staff must complete this before and gain a manager's signature before leaving site so are aware of the hazards

4.19. Problem Solving NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. Problem solving

BF 2. Ratios

- 2.1. 1:12

BF 3. Location

- 3.1. Any safe and suitable location, indoor and outdoors

BF 4. Storage, inspections and maintenance

- 4.1. All equipment is stored in the problem solving store
- 4.2. Defective equipment should be removed and reported to the responsible person

BF 5. Equipment for session

- 5.1. Various improvised and purpose made equipment

BF 6. Briefing

- 6.1. Ensure users are briefed in the safe operation of equipment

BF 7. Main delivery

- 7.1.

BF 8. EAP

- 8.1. See EAP in section 3 of this document

BF 9. Adaptations for groups with disabilities

Risk assessment and lesson plan for Problem Solving see Low Ropes

4.20. Quarrysteering NOP (coastal safari, Coasteering or extreme rock pooling)

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. BFA quarry-steering training and assessment
- 1.2. Extensive and recent Coasteering experience can be sufficient with BFA induction with TL / CM.
- 1.3. 2 year update required

BF 2. Ratios

- 2.1. 1:8 (maximum group size of 16 people)

BF 3. Location

- 3.1. BF Adventure only

BF 4. Storage, inspections and maintenance

- 4.1. Equipment is stored at BFA
- 4.2. BFA Equipment will be checked half termly

BF 5. Main delivery

- 5.1. See Quarry steering training manual

BF 6. Adaptations for groups with disabilities

- 6.1. None at present

Coasteering sample lesson plan

Typical session length	3 hrs
Aims and objectives	<ul style="list-style-type: none"> • The have a aquatic adventure • To face and address risk in a managed and controlled environment • To be fun and rewarding • To challenge people • To operate in small groups to best rewards
Equipment Needed	<ul style="list-style-type: none"> • Wetsuits • PFD's • Shoes • Helmets • SOT • First aid kit • Radio • Throwline • Survival bag • Whistle • Allen key • Damaged equipment to be isolated
Set up notes	<ul style="list-style-type: none"> • Check holds, ledges and impact zones • Check rescue equipment • Check instructor and rescue kit • Charged radio • Barrel packed (see equipment) • Check water depth is not in the red zone (this is yet to be defined 7/9/15) • Check all grips for spinners and tighten if necessary • Check all platforms-lose bolts, cracks • landing zones- obstructions • Moor up SOT by deep water training spot • Check all client kit, move from drying room if necessary • Check medical info if available
Introduction 30 minutes	<p>This part is essential and is aimed at making participants become well informed and comfortable with their equipment and the session.</p> <ul style="list-style-type: none"> • Acceptance of risk. All participants should have at this point read and signed or have had this done on their behalf by their parents / legal guardians. This is the best opportunity to talk to people to explain that: <ul style="list-style-type: none"> ○ This involves movement over rock, climbing up rock, swimming and jumping into water ○ The risks are real but managed ○ The session is progression, the aim to teach and practice safe strategies and develop competence ○ At all time you have choices and will never be asked to do things you are uncomfortable with. • Medical information. Talk to the group and check against the medical form. • Session overview and what will be explained and when • Kitting up and toilet time <ul style="list-style-type: none"> ○ Watches , jewellery and rings removed

	•
Main Delivery 2.5 hours	<p>Part 2- Warming up, assessing ability and confidence building</p> <p>This part of the session should last around 30 minutes</p> <ol style="list-style-type: none"> 1. Check equipment fitting well on every person 2. Explain cold water shock <ol style="list-style-type: none"> a. Breathlessness b. Keep calm c. Breath slow d. You will warm up 3. Support the person behind you and work as a team 4. How to hold hand (wrist to wrist) 5. Signals <ol style="list-style-type: none"> a. Come to me b. Directional c. Whistle blasts <ol style="list-style-type: none"> i. 1 whistle blast- look at the instructor ii. 2 whistle blast- stop what going on, safely get into the water and group up iii. 3- as 2 but swim back to the beach 6. Action in instructor injury <ol style="list-style-type: none"> a. Radio of office, location of radio and best place for signal 7. Games and warm up around the stack <ol style="list-style-type: none"> a. Washing machine b. Jumping off jetty, shallow water entry c. Traversing jetty d. Games (tag, stuck In, races etc) 8. Assess competence of group, check ability and adjust plans accordingly <p>Part 3- training and practice sessions (1 hour)</p> <ol style="list-style-type: none"> 1. Safe falling (stack) 2. Shallow water entry (the ledge) 3. Introduction to deep jumps (scramble ledges) 4. Deep water Traverse (goal post area) 5. Technical jumps (oak tree corner) <p>Part 4- Prussic wall jumps (1 hour)</p> <ol style="list-style-type: none"> 1. Briefing from the jackdaw boulders <ol style="list-style-type: none"> a. Landing zones b. Entry to the walls c. Ledge safety d. Progression from ledge 1 to 2 to 3 e. Safe exit 2. Demonstrations and jumping 3. Swim back to beach 9pick up SOT if last session 1.
Summary and pack down	<p>Part 5- packing away</p> <ul style="list-style-type: none"> • Debrief on the session • Wash and hang all suits •

Coasteering Risk assessment

Hazards	Cliffs Slips and trips Rock falls Terrain Jumping WaterF Group Other users Weather Communication Rescues Swimming Instructors Ledges Climbing grips
---------	---

Risk	Who it effects	How is this controlled?
Cliffs		
Falling off cliffs resulting in falls from height, significant injury, spinal injury and death	Guests Staff	<ul style="list-style-type: none"> • Good group briefing to include safety around quarry • Route does not at any time go near the top of a quarry • Good group management • BFA lead instructors competent in spinal management
Slips and trips		
Slipping and tripping on tricky terrain including the access path resulting in cuts, grazes and falls from height	Guests Staff	<ul style="list-style-type: none"> • Good briefing • Old trainers or secure shoes with good grips to be worn by everyone • Support offered by instructors • Teamwork encouraged • No climbing to happen where there is a high risk of impact as a result from a fall • Instructor and where appropriate group support and or spotting to be encouraged to increase safety • Group numbers managed to a sensible level (max of 16 participants) • Enough staff to supervise participants 1:8
Terrain		
Rock falls resulting in impact injuries	Guests Staff	<ul style="list-style-type: none"> • Areas of instability avoided if possible, there are no known areas we are aware of at present • Helmets to be worn at all times
Participants hitting their head during the activity	Guests Staff	<ul style="list-style-type: none"> • Helmets to be worn and correctly fitted • Activities appropriate to the group
Injuries sustained because the instructor does not know the site	Guests Staff	<ul style="list-style-type: none"> • All staff have site specific training / induction depending on previous experience • Detailed lesson plans taught / read and understood by staff
Contributing significantly to local erosion through over use and damaging the environment	Environment	<ul style="list-style-type: none"> • BFA will aim to have as little impact on the environment as possible by: • Limiting group to 16 people in size • Having a variety of locations available • Operating sustainably and responsibly

		<ul style="list-style-type: none"> • Encouraging this behaviour with all groups • Any developments occur in areas where activity is normal • Not over developing the site allowing ample space for local wildlife to flourish • All work is done with consideration to previous historic use and astatically low impact using natural coloured materials • all fitting screw into internal threaded sockets meaning that if the activity is changed or removed then the impact of the wall is low and the materials left behind are all flush with the wall and visually very low impact • no harmful chemicals such as concrete will be used in the water that may pollute quarry • a working platform will be positioned under the sockets being resigned to minimised accident spillage into the water
Cuts and scrapes from the terrain	Guests Staff	<ul style="list-style-type: none"> • Guests to wear wetsuits • Guests to provide board shorts • Guests made aware of this at the start of the activity • Shoes must be worn which have good soles
jumping		
Injuries from jumping and hitting submerged obstacles resulting in impact and potentially spinal injuries	Staff Guests	<ul style="list-style-type: none"> • Low impact jumps to be identified • Instructors to introduce the correct jumping protocol and practice this in a controlled environment • Warm up and training area is used on every group to establish good jumping technique • Sufficient depth of the water and rock hazards calculated before jumping is allowed • Good communication between staff and group to ensure jumping is well managed • Staff training
Injuries from jumping into water poorly resulting in bruising, discomfort and unconsciousness	Staff Guests	<ul style="list-style-type: none"> • Jumping protocol taught and practiced before jumping off anything high • The session is progression to allow for practice and competence to be established • A wide selection of jumps are offered allowing participants a choice of heights • Challenge by choice allows an opt out for every part of the activity • Jump taught are: <ul style="list-style-type: none"> ○ Shallow jumps- arms out knees bent ○ Deep jumps- arms crossed, feet first knees bent • Other “fun jumps” can be taught but can only happen in deep water locations, refer to training for suitable spots
Jumping / slipping / falling onto other and or waiting participants leading to head / spinal and impact injuries	Staff Guests	<ul style="list-style-type: none"> • All participants to wear helmets • Impact zones at all time to be managed and to be kept clear • Practice session at the start to reinforce this • On large jumps, a clear system on when to access the access climbs is established. One one is allow to enter the impact zone unless the

		person in front of them in safely on one of the platforms.
Water		
Hypothermia from immersion of the water	Staff Guests	<ul style="list-style-type: none"> • Full wetsuits to be worn • Foil blankets in first aid kits as well as survival bags • Mobile phones / radios to be carried to ensure rescue is available
Cold water Shock	Staff, Guests	<ul style="list-style-type: none"> • This is explained in the training area before entering the water, participants are to remain in the shallow training area until they are happy to progress with route in regards to being suitable warm and comfortable
Waves knocking people off their feet resulting in impact injuries	Staff Guests	<ul style="list-style-type: none"> • The activity only takes place in our quarry, this is not an issue
Drowning	Staff Guests	<ul style="list-style-type: none"> • Wetsuits have inherent buoyancy • The training area establishes actual swimming ability through activities. Instructors will work with participants who are struggling swimmers to develop strategies which may include: <ul style="list-style-type: none"> ○ Towing ○ Use of a sit on top (BCU staff only) ○ limitations on what parts of the water they can access ○ alteration of the session plan ○ a rescue craft will be positioned at the back of the quarry for struggling swimmers • Well fitted buoyancy aid to be worn by all • Staff trained in sea rescues and people management • Activity level appropriate to the group • Swimming ability obtained by group members • Normal sessions are not suitable for NON swimmers, although for private groups suitable locations can be sourced to cater for non swimmers. See site assessments for suitability • See instructor assessment below
group		
Risky or dangerous behaviour leading to injuries sustained by unplanned activities	Staff Guests	<ul style="list-style-type: none"> • Safety rules put in place and monitored and the session may be cancelled at any time due to behaviour that will put people at risk or detract from other users' experience
The group are unaware of the risks and hazards and find themselves in situations they are not comfortable with, them feeling like they are being forced to take part in activities they are not comfortable, leading to injuries, emotional harm and the need to cut the session short due to group evacuation	Staff Guests	<ul style="list-style-type: none"> • Participants made aware of the risks and hazards at the start of the activity • Access at all times is easy, the quarry is 100 M long • All activities are optional • Emergency SOT is available to quick access

The group being left vulnerable if the instructor needs to leave the focus of the group (rescue, assist with another group etc) leading to group neglect and injuries sustained from this	Guests Staff	<ul style="list-style-type: none"> The environment is very controllable due to its size, nature of water (still quarry) and ease of access Group sizes a maximum of 1:8 provide a manageable group in an emergency situation Radio communication can be made to another instructor on site BFA operates that at all times there is a second instructor available
The group's health causing issues en route such as asthma, existing injuries etc leading to evacuation to become necessary	Guests Staff	<ul style="list-style-type: none"> Group's medical information obtained prior to activity starting on the Coasteering register People with the following conditions are advised not to take part: <ul style="list-style-type: none"> Broken bones Sprains Back problems People requiring medication must hand this to the instructor who will carry it for the duration of the session
Other users		
Overcrowding leading to group members becoming lost / disorientated and put in additional risk though lack of supervision	Guests	<ul style="list-style-type: none"> Group size limited to 16 people
Impacting other users and their equipment such as kayaks and canoes leading to impact injuries	Staff, Guests	<ul style="list-style-type: none"> All groups are managed by an instructor Quarry steering group sizes limited to 16 people All other groups will have staff supervision appropriate to the NOP. Staff will manage groups to safe locations Group not to engage in jumping or climbing if another group is in or could drift into the impact zone Groups to wear helmets
Weather		
Poor conditions resulting on over heating or cold related injuries / illnesses	Staff Guests	<ul style="list-style-type: none"> Swimming in the quarry will cool people down if they get too hot Drinking of water on hot days encouraged before the activity commences Water proof sun tan lotion recommended before the start of the activity Wetsuits worn to provide warmth Foil blanket provided in the event people get too cold Buoyancy aids aid heat retention Radio carried to call for assistance if necessary EAP in place and emergency SOT available for quick egress
communication		
Impact injuries and poor behaviour not communicated quickly enough leading to unsafe practice and injuries	Guests	<ul style="list-style-type: none"> Whistles to be carried, the following signals will be briefed: <ul style="list-style-type: none"> 1 whistle blast- look at the instructor 2 whistle blast- stop what going on, safely get into the water and group up 3- as 2 but swim back to the beach Groups briefed on 3 strike rule for poor behaviour.

		<ul style="list-style-type: none"> ○ The first poor behaviour is a verbal warning ○ The second is a time out ○ The third is an exclusion from the rest of the session
Poor communication to other staff who can assist and the emergency services leading to injuries worsening and to possibly death	Staff guests	<ul style="list-style-type: none"> • Radios carried by all staff • There is a communication black spot in the canoe quarry, in the event staff cannot make contact the following can be set into action: <ul style="list-style-type: none"> ○ If appropriate, leave the casualty to get signal at the canoe quarry changing rooms ○ Send a group member to make contact via the radio / mobile phone ○ Send group member to run to the office (200 meters away) to summon assistance ○ Call the emergency services directly •
Poor communication between group and staff due to ambient noise from the wind leading to poor group management and injuries that may occur	Staff, guests	<ul style="list-style-type: none"> • Signals described at the start, these are: <ul style="list-style-type: none"> ○ Group movements ○ Come to me • Whistle to be carried, see above for signals
Poor weather resulting in poor visibility limiting the instructors ability to "read ahead", keep line of sight on the group and also hinder any rescue	Guests Staff	<ul style="list-style-type: none"> • Session called off in poor visibility, this is where you cannot see the back of the quarry
Rescues		
Spinal injuries not properly managed leading to conditions worsening and lifelong disability	Guests Staff	<ul style="list-style-type: none"> • BFA leads trained in spinal management during training internally • A means of communication is readily available to call for assistance • Staff competence maintained through session delivery and 2 year refresher • BFA staff training for all new staff, see manual • BFA induction for all previous qualified or experienced staff. This is on a case by case bases and the decision of the centre manager
In the event of an accident the condition worsening through the instructor's inability to rescue	Guests	<ul style="list-style-type: none"> • Lead instructors trained in: <ul style="list-style-type: none"> ○ Group management ○ Water rescue skills (BCU L1 min) ○ Rock awareness skills (BFA L2 min) ○ Spinal management
Exhaustion leading to distress, hypothermia or injuries worsening due to slow egress	Guests	<ul style="list-style-type: none"> • Staff have tests and training in simple towing using buoyancy aids • Rescue sit on top positioned / carried by instructor to assist with egress in an emergency • Swim tests at start of session allow participants to make informed choices and allow staff to assess clients • Medical declaration on quarry steering acceptance of risk issued to all groups and

		completed and signed by adults / parents / guardians that highlight the risks
Swimming		
The client's inability to swim leading to exhaustion and possibly drowning	Participants	<ul style="list-style-type: none"> The minimum suggested ability for a participant is to be able to swim 50 M in a buoyancy aid SOT moored and used to assist or rescue people Staff trained to assist swimmers if they struggle Participants to always wear buoyancy aids and wet suits to aid with buoyancy Training area used on every session to assess swimming ability
Poor instructor ability leading to injuries from neglect or incompetence	Guests and staff	<ul style="list-style-type: none"> Staff leading the session will have competence in the following areas: <ul style="list-style-type: none"> Water- BCU 2 star + Rock- BFA level 2 climb + Rescue-SLSGB / BCU FSRT BFA quarry steer assessed
Instructors		
Inexperienced staff leading to poor judgements and injuries	Guests	<ul style="list-style-type: none"> All staff must have completed 6 hours of training All staff must pass the assessment (see training manual) All staff must assist on at least 4 sessions (12 hours)
Time between sessions being vast leading to loss of skill / experience and resulting in injuries	Guests, staff	<ul style="list-style-type: none"> Staff must complete refresher training every 2 years
Lack of skills, confidence or fitness leading to lack of ability to provide adequate safety cover	Staff guests	<ul style="list-style-type: none"> Staff will be assessed and must: <ul style="list-style-type: none"> Be water confident and swim the length of the quarry without issues Staff must be confident getting to and be jumping from all jumps in the quarry Staff must be able to tow a average sized male from the back wall to the beach
Ledges		
Ledges failing leading to impacts in the water onto other participants resulting in significant injuries and death	Staff, guests. Other users	<ul style="list-style-type: none"> Ledges are installed by competent staff with experience of drilling and construction Ledges use 6 x M16 resin anchors, all guidelines are followed Platforms are over engineered as each anchor point is rated far beyond expected use A maximum of 228 KG (2 x 18 stone) per platform The area under the platform will be made very clear Platforms ascend in an upward diagonal direction and participants approach the platform from the side of the lowest and in the water exit away from the platforms meaning that at no times is anyone under the platforms

		<ul style="list-style-type: none"> • 2 people maximum to a platform so in the event of a failure, the number of people falling is minimal • Platform designed is approved by High Time as suitable. Anchor points testing to follow.
Staff being pulled from the platform while a client is jumping	Staff	<ul style="list-style-type: none"> • Deep water technique is taught with people holding their buoyancy aids straps with arm folded across their chest • Staff to position hands in such as way to enable them to deflect panic grabs from the jumper • Jumps are progression allowing participants time to practice and become accustomed to the height • Participants encouraged to jump within their challenge zone
Falling between the ledges resulting in head and elbow injury	All	<ul style="list-style-type: none"> • The ledges are placed close together so access between them is easy • Helmets to be worn in case of accidental slip or fall
Climbing grips		
Grips spinning resulting in falls from height into the water	Staff, guests	<ul style="list-style-type: none"> • Grips checked each morning by staff and tightened • Participants managed so only 1 climber is every on a particular set of grips • Platforms are positioned away from ledges meaning all falls end up in the water • Maximum un roped climbing height is 5 meters which is far less likely to result in significant injuries • Climbing grips placed to make a very easy route with very little challenge • Helmets worn to protect the head from impacts • Buoyancy aids offer some impact protection
Unauthorised access resulting in fall from height	Public	<ul style="list-style-type: none"> • Canoes are locked away at the end of each day as these can be used as a means of reaching the first grip • Signs placed warning of unauthorised use

4.21. Quarry Swimming

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. BFA quarry swimming induction or BFA body boarding training or BFA Quarrysteering qualification
- 1.2. Update every 2 years

BF 2. Ratios

- 2.1. 1:8 (with a maximum of one non swimmer when deeper than waist depth)
- 2.2. 1 x additional instructor for every non swimmer that ventures our deeper then waist depth

BF 3. Location

- 3.1. BFA Canoe Quarry

BF 4. Storage, inspections and maintenance

- 4.1. Equipment will be stored in the climbing and kayak store
- 4.2. All equipment for quarry swimming will be checked every half term and during the summer holidays

BF 5. EAP

- 5.1. Follow on site procedures

BF 6. Adaptations for groups with disabilities

- 6.1. One to one support from the instructor
- 6.2. Floating aids such as noodles can be used for additional support
- 6.3. Stay in the shallow area

Sample lesson plan for quarry swimming

Typical session length	1.5 hours
Aims and objectives	<ul style="list-style-type: none"> • Learn about water safety • Have fun in the water • Ensure participants are as safe as necessary
Equipment Needed	<ul style="list-style-type: none"> • Wetsuit per person • Buoyancy aid per person • Shoes for everyone • Whistle for the instructor • Peterson tube for every instructor • Helmets if jumping
Set up notes	<ul style="list-style-type: none"> • none
Introduction	<ul style="list-style-type: none"> • Introduce yourself and start building rapport • Issue the wetsuits from the climbing store and fit by placing the wetsuit against the back of the participant • Move to the canoe quarry changing rooms to get changed observing the guidance in the safeguarding policy regards appropriate contact • Issue out buoyancy aids and correctly fit them to the participants <p>Brief:</p> <ul style="list-style-type: none"> • Boundaries- outline where the group will be operating in the first instance • Medical information- verbally ask participants if they have any medical issues that may impede them taking part in the session • Swimming ability- ask the participants how good their swimming is • Emergency • <i>Inform</i>-If the group spot anyone struggling to inform the instructor immediately • <i>Huddle</i>- inform the group on how to huddle in a circle • <i>Peterson tube</i>- inform the group to hold onto the Peterson tube when instructed
Main Delivery	<p>Practice</p> <ul style="list-style-type: none"> • Staying at waist depth, play a game that includes some swimming. Use this and compare this against the verbal description of their swimming ability to pitch the session appropriately <p>Trail</p> <ul style="list-style-type: none"> • Move into deep water for a small amount of time so see how the group handle swimming. Playing a game or two will be a good choice of activity here <p>Explore</p> <ul style="list-style-type: none"> • Once you are confident that the group are confident and competent in deep water then the quarry can be explored. Ensure that other water users are aware of the group and keep the group together • Jumping can only be done off the end of the jetty
Summary	<ul style="list-style-type: none"> • Gather feedback from the session and reinforce learning
Pack down	<ul style="list-style-type: none"> • Place equipment away and observe the wetsuit procedures for correct storage

Risk assessment for quarry swimming

Hazards	Water Instructors Temperature The quarry bed (when jumping) Rocks Other users
---------	--

Risk	Who it effects	How is this controlled?
Drowning while taking part in the session	Guests and staff	<ul style="list-style-type: none"> Wetsuits and buoyancy aids used to aid buoyancy Instructors competent at swimming and have training to effect basic rescues Session structure designed to educate participants to the skills required and also to educate instructors to the groups' actual ability
Infection resulting from the water quality	Guests and staff	<ul style="list-style-type: none"> Participants advised that after the session they should shower or wash their hands and face Water quality checks annually have shown the water quality to be very good
Instructors not skilled enough to perform an appropriate rescue in a timely fashion resulting in distress or further injury to the casualty, the group or to them selves	Guests and staff	BFA has a training session that covers the following areas: <ul style="list-style-type: none"> Use of Peterson tube for conscious casualty How to move an unconscious casualty Rescue priorities (me, group, casualty, kit) Personal swimming ability All staff are assessed as competent in the above areas.
Water temperature leading people to go into hypothermia	Guests and staff	<ul style="list-style-type: none"> Wetsuits to be worn by all No swimming will take place from November to April over the winter Blankets will be placed in the canoe container to aid people who get too cold
The quarry bed leading to cuts and injuries to feet	Guests and staff	<ul style="list-style-type: none"> Shoes or wetsuit boots to be worn by all All footwear must be secure and able to stay on for the duration of the session
Impact the floor from jumps into the quarry leading to leg and or spinal injuries	Guests and staff	<ul style="list-style-type: none"> No jumping off the rocks during this session, only jumps from the floating island at the back of the quarry is allowed
Impacts with other users leading to mainly head and face injuries	Guests and staff	<ul style="list-style-type: none"> The group to remain together at all times Caution and cooperation by other instructors and their groups during session Should the quarry swimming group and other groups decide to mix then helmets MUST be worn

4.22. Raft Building NOP

Managed by	Tony Baker
Last review	June 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. BF trained, FSRT and 2 star (or suitable rescue qualification, see CM)
- 1.2. 2 year update
- 1.3. Staff with BCU 2 star and FSRT can assist the delivery of a group up to 16 people alongside a raft build trained instructor

BF 2. Ratios

- 2.1. 1:8
- 2.2. When 3 staff are working on raft building the ratio changes to 1:12 and zoning cover applies

BF 3. Location

- 3.1. Canoe Quarry
- 3.2. Storage, inspections and maintenance
- 3.3. All equipment is stored at the lake quarry containers except the wetsuits which are stored in the climbing store
- 3.4. All equipment is checked and logged on a monthly basis

BF 4. Setting up

- 4.1. All equipment is left ready to be used
- 4.2. Instructor to set up safety boat prior to the launch of the raft

BF 5. Equipment for session

- 5.1. Knife to be carried and a means of towing the raft available
- 5.2. Buoyancy aids to be worn by all participants
- 5.3. Helmets to be worn by all participants
- 5.4. One open canoe paddle per participant
- 5.5. A selection of wetsuits are available if needed

BF 6. Briefing

- 6.1. Manual handling (how to safely move the raft)
- 6.2. Capsize procedure
- 6.3. Laces and other loose items secure to avoid entrapment
- 6.4. Specific raft brief
- 6.5. Stop command

BF 7. Main delivery

- 7.1. Ensure the rafts are of safe design (see training syllabus)
- 7.2. Raft to be checked by the instructor prior to launch to ensure its safety (visual and lift test)
- 7.3. Safety cover must be from an open canoe
- 7.4. Continual check of raft's integrity must be carried out

BF 8. EAP

- 8.1. See raft training notes
- 8.2. Adaptations for groups with disabilities

Raft Building Sample lesson plan

Typical session length	1.5 hours
Aims and objectives	<ul style="list-style-type: none"> • For groups to design and build their own raft exploring risk and consequences both positive and negative • For the group to have a safe session • For the group to have an enjoyable session
Equipment Needed	<ul style="list-style-type: none"> • Buoyancy aids, helmets, paddles (wetsuits) • Barrels, rope, poles / crates • Canoe (safety), means of towing and knife
Set up notes	<ul style="list-style-type: none"> • Instructor to ensure the canoe is ready to launch before the raft is launched
Introduction	<ul style="list-style-type: none"> • Aims of the session • Rules and constraints
Main Delivery	<ul style="list-style-type: none"> • 5 minutes- design • 35 minutes- building- demonstration (if required) • 10 minutes - kitting up, checking and briefing • 30 minutes- on the water (games and challenges) • 15 minutes- pack the raft away • 5 minutes- review
Summary	<ul style="list-style-type: none"> • Consolidate learning
Pack down	<ul style="list-style-type: none"> • Put the equipment back as shown on the training in preparation for the next sessions

Raft Building Risk assessment

Hazards	Water Raft Games Sharp objects on the quarry bed
---------	---

Risk	Who it effects	How is this controlled?
Drowning	Staff Guests	<ul style="list-style-type: none"> Buoyancy aids to be worn by all water users Staff all have first aid training Staff have BCU FSRT as a rescue qualification (or equivalent as agreed by CM) Guests will be asked and information recorded on a medical form as to their swimming ability for the staff reference. Staff with BCU 2 star and FSRT can assist a BFA raft build trained member of staff with a group with the ratio of 2:16
Hypothermia caused by participants immersion in the water	Staff Guests	<ul style="list-style-type: none"> Session during November- April must wear wetsuits and have permission from the CM Session during April - November do not need wetsuits but are available if needed Foil blankets are located in first aid kits Communication to the office via the radio to call for assistance should someone become hypothermic
Raft falling apart and participants becoming trapped between poles, barrels and rope leading to crush injuries	Staff Guests	<ul style="list-style-type: none"> Staff receive in house training looking at safe designs and the correction and recognition of poor designs Staff have a rescue qualification (BCU FSRT or equivalent as agreed by CM) Staff are taught specific methods and techniques during their internal training and have practiced them Knife to be carried by instructor on the water
Staff becoming stuck in the raft during a rescue leading to injuries to the member of staff and guests' injuries worsening due to delayed intervention	Staff guests	<ul style="list-style-type: none"> Staff are taught on their training only to enter the raft as a last resort when rescuing Knife carried by instructors Designs being created are as entrapment free as necessary
Participants hitting their heads on the raft due to the potential unstable nature of the raft / poor design / it falling apart / during games and challenges, leading to head injuries	Guests	<ul style="list-style-type: none"> Rafts are to be checked by instructors prior to launch to ensure they have a safe design as per their training Rafts to be continually checked to make sure they are safe on the water Helmets to be worn by all people on the rafts Staff trained in first aid
The raft falling onto people's toes during the building and dismantling stage leading to crush injuries	Guests	<ul style="list-style-type: none"> The instructor to supervise the group and coach where necessary to avoid the raft being dropped The raft can be propped up off the floor by tyres to aid tying

		<ul style="list-style-type: none"> Where necessary the raft should avoid being flipped over. If this is done the instructor assumes control of the group and manages this Shoes / old trainers must be worn at all time during a raft building session
Injuries to back through moving the raft when it is tied together	Staff Guests	<ul style="list-style-type: none"> Everyone within the group is encouraged to move the raft together as a team coordinated by the instructor People are briefed to lift from the knees and not the back
The raft capsizing due to inappropriate activity or poor group behaviour	Guests	<ul style="list-style-type: none"> The integrity and design of the raft along with the type of group should determine appropriate games and challenges. It is the job of the staff to ensure that all games are appropriate and do not result in a raft capsize during a session. This will be discussed during the in house training
Poor group behaviour / control leading to injuries and misadventure	Guests	<ul style="list-style-type: none"> The group are monitored and clear behaviours set to encourage a safe session Where groups are not listening or where behaviour is unacceptable then action will be taken to stop the session
Cuts to feet from sharp objects and rocks on the quarry bed	Guests Staff	<ul style="list-style-type: none"> Shoes must be worn by all users

4.23. Snorkelling NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. Min qualification- BF Adventure snorkelling training (3 hours + logged experience of 10 recent sessions)
- 1.2. BSAC qualifications are suitable and instructors should only operate within their remittance
- 1.3. BF Adventure Body boarding and / or BF Adventure quarry swimming qualification / BFA quarry steering with a one hour training for snorkelling by a BSAC qualified instructor
- 1.4. 2 year update with logged experience

BF 2. Ratios

- 2.1. 1:6 (must be competent swimmers)
- 2.2. Competent assistants moves the ratios to 2:8 (competent being defined as a good swimmer, a current instructor and holding a water based rescue qualification)
- 2.3. Non swimmers must not leave their depth

BF 3. Location

- 3.1. On site in the Canoe Quarry only

BF 4. Storage, inspections and maintenance

- 4.1. Equipment will be stored in the problem solving store
- 4.2. Half termly checks for all equipment will be carried out and stored in the safety checks file

BF 5. EAP

- 5.1. Ensure the safety of yourself and the group
- 5.2. Ensure help is requested- send for help, or get help yourself
- 5.3. Treat casualty once help is confirmed

BF 6. Adaptations for groups with disabilities

- 6.1. Shallow water and 1:1 tows can be used to explore suitable part of the canoe quarry

Sample lesson plan for Snorkelling

Typical session length	2 hours
Aims and objectives	Exciting and educational introduction to snorkelling
Equipment Needed	Masks, snorkels, fins and wetsuits PFD for non-swimmers
Set up notes	Check water temperature and visibility
Introduction	See BF 5 and 6 above
Main Delivery	<p>Briefing and warm up on the side</p> <ul style="list-style-type: none"> • Safety points that need to be covered • Swimming ability to be obtained • Safe area of operation • Medication requirements • Signals and communication • EAP (see below) • Terrain in the shallow water • Group briefing not to rough play <p>The shallow water to be used for 15-30 minutes to assess swimming ability by playing games Explorations around the quarry depending on the ability of the group</p>
Summary	Equipment care and cleaning
Pack down	Check equipment is packed away appropriately

Risk assessment for Snorkelling

Hazards	<ul style="list-style-type: none"> • Water - Drowning (poor swimming ability, exhaustion), temperature • Other users • Snorkel- Inhaling water from the snorkel • Terrain • staff
---------	--

Risk	Who it effects	How is this controlled?
drowning due to poor swimming ability and or exhaustion	Staff and guests	<ul style="list-style-type: none"> • Instructors competent at swimming (200M) • Instructors complete training and can demonstrate competence at appropriate rescues (towing someone back from the end of the quarry) • Session structure designed to encourage progression and to be educational, allowing the instructor to pitch the session appropriately • Instructors assessing client's abilities in shallow water exercises before entering deep water • First Aid qualified instructors • Swimming ability noted on medical forms, checked with the group during the briefing of the session and checked against actual ability in the shallow water
Hypothermia from cold water and air temperatures	Staff and guests	<ul style="list-style-type: none"> • Wetsuits to be used on all sessions • Constant monitoring of groups looking for the early signs of hypothermia • Changing room, spare clothes and warm showers available to assist with warming people up
Impacts from other users leading to bumps and bruises	Staff and guests	<ul style="list-style-type: none"> • Good group briefing regarding areas of safe operation • Good and constant group management to avoid other users • Agreed areas of operation with other water users
Inhalation of water from using the snorkel	Staff and guests	<ul style="list-style-type: none"> • Good group briefing on how to use the snorkel and how to clear it out • Group to demonstrate this in shallow water before entering into deep water
Equipment failing leading to distress	Staff and guests	<ul style="list-style-type: none"> • Equipment checked prior to use • Group briefing on appropriate care of equipment
Ineffective rescues leading to injuries worsening and possibly drowning	Staff and guests	<ul style="list-style-type: none"> • All staff must have as a minimum the following experience and training to be assessed to run snorkelling: <ul style="list-style-type: none"> ○ Relevant and adequate rescue experience (moving someone in to the beach from the back of the quarry) ○ 10 + logged snorkel sessions in the last 2 years ○ Specific training in the use of equipment internal and or external i.e. BSAC)
Impacts on the terrain from jumping in and surface diving leading to bumps, cuts and bruises	Staff and guests	<ul style="list-style-type: none"> • No jumping off the jetty (sliding off it is fine) • Footwear to be worn • Groups to be briefed to be careful when surface diving • Group briefed on not to rough play in the shallow water

4.24. Swimming on beaches NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. Approval from the centre manager Duty manager based on the following guidelines:
 - 1.1.1. Understanding of the NOP
 - 1.1.2. Good swimming ability (100 M confidently)
- 1.2. BFA Body board instructor can run sessions once the swimming on beaches NOP has been signed
- 1.3. Quarrysteering instructor can run once the swimming on beaches NOP has been signed

BF 2. Ratios

- 2.1. 2:10 (always a minimum of 2 staff)
 - 2.1.1. One approved to run session based on holding a suitable qualification, see above (one must be in the water)
 - 2.1.2. One can be a competent assistant (must be based on the beach) such as a teacher, volunteer or a member of staff from BF Adventure
- 2.2. Male and female staff should be considered depending on the groups needs

BF 3. Location

- 3.1. Beach site assessed for swimming, these must:
 - 3.1.1. Be life guarded beaches
 - 3.1.2. Be safe in terms of prevailing rips and tides should not present a significant hazard to the group, information should be recorded on the site assessment

BF 4. Storage, inspections and maintenance

BF 5. EAP

- 5.1. Signal to land staff to get help
- 5.2. Make the group safe- send to kit area
- 5.3. Perform rescue if capable- coach, wade, swim

BF 6. Adaptations for groups with disabilities

- 6.1. Increase staffing ratios
- 6.2. Introduce swim aids

Sample lesson plan for Swimming on Beaches

Typical session length	1-2 hours
Aims and objectives	Fun and safe session
Equipment Needed	<ul style="list-style-type: none"> Wetsuits if operating from October to June or if it's a cold day. June-September at the decision of the instructor based on the prevailing conditions Shorts, t-shirt or rash vest according to BFA cover up policy.
Set up notes	Offsite form needs completing Speak to the lifeguard
Introduction	Areas of interest such as changing areas, toilets, kit area, areas of operation, lifeguards, phone etc Boundaries for swimming (left, right, waist depth) Signals (movement, exit the water and emergency) Medical and swimming ability What to do in an emergency
Main Delivery	Briefing <ul style="list-style-type: none"> Areas of interest such as changing areas, toilets, kit area, areas of operation, lifeguards, phone etc. Boundaries for swimming (left, right, waist depth) Signals (hand, whistle, movement, exit the water and emergency) Medical and swimming ability What to do in an emergency Establish changing and kit area Games can be played in the water Main delivery <ul style="list-style-type: none"> Assessment of swimming area and a decision on location to be made to avoid busy areas Life guard informed of your intentions and recommendations listened to and actioned Session to take place between red and yellow flags Must be 2 staff present One on beach to monitor groups position, raise the life guard in an emergency and to observe the group on and off the water One in the water monitoring depth and participants for signs of fatigue Briefing to take place before getting on the water Suitable games to be played
Summary	
Pack down	

Risk assessment for Swimming on beaches

Hazards	<ul style="list-style-type: none"> • Drowning • Tides • Waves • Rips • Water temperature • Weather • Other users • Wildlife • Rescues
---------	--

Risk	Who it effects	How is this controlled?
People drowning through inability to swim	Staff, service users	<ul style="list-style-type: none"> • Participants must not swim beyond waist depth • Briefing to include: <ul style="list-style-type: none"> ○ Boundaries ○ Swimming abilities ○ Signals • 2 instructors (one can be a competent assistant such as a group leader or a volunteer) must be active on session in the following positions: <ul style="list-style-type: none"> ○ In the water placed in the most effective position to contain and assist the group according to current local conditions (i.e. cross shore drift, prevailing wind, tidal movement) ○ On the beach at the water's edge monitoring the group • Swimming ability assessed by asking them during the brief, the medical forms and also by assessing participants in shallow water. Participants should be monitored through session for signs of fatigue. • Staff to be competent swimmers and be able to coach and assist people back into their depth • Non swimmers wading, closely monitored • Life guards informed of group size and intentions • Sessions only to take place between red and yellow flags on life guarded beaches
Tides creating difficult underwater water terrain (steep shelves) leading to sudden changes in depth	Staff and service users	<ul style="list-style-type: none"> • The effects of the tide should be noted on the site assessment for the specific beach • The times of high and low water should be ascertained and measured against the site assessment prior to any beach visit. • Sessions to take place on establishes safe locations on beaches that are lifeguarded between the red and yellow flags
Waves knocking people off their feet leading to exhaustion and drowning	Staff and service users	<ul style="list-style-type: none"> • Staff to observe lifeguards advice • Staff to ensure clients do not go beyond waist depth • Staff to avoid using beaches where heavy shore break/dump is present
Rips leading people into deep water and out to sea leading to drowning	Staff service users	<ul style="list-style-type: none"> • Information on rips to be noted in the site assessment and advice should be followed by staff • Advice provided by lifeguards to be observed

		<ul style="list-style-type: none"> • Staff (or competent assistant) on beach to monitor group position and feedback to the staff in the water to maintain a safe position • All swimmers to remain at waist depth, this will be monitored by the staff member in the water • Only life guarded beaches are to be use and swimming to take place between the red and yellow flags
Water temperature being too cold leading to hypothermia	All users	<ul style="list-style-type: none"> • Staff to assess water temperature and make a decision as to wear wetsuits or not • October to June- wet suits compulsory • June to September- shorts and t shirts can be worn on hot and sunny days • Group to be monitored and removed from the water when they start to display signs of being cold (shivering, pale face, slow reactions, tiredness etc)
Cold, wet and / or windy weather leading to hypothermia	All users	<ul style="list-style-type: none"> • Wetsuits can be worn when the weather is cold, wet and or windy to maintain a warm body temperature • Changing spaces should be considered after swimming • Survival bags/blankets kept with emergency kit • A flask of hot drinks taken when possible
Hot days leading to heat exhaustion and sun burns	All users	<ul style="list-style-type: none"> • Water should be taken to the beach • T shirts should be worn • Sun cream and hats applied
Impacts from other users leading to injuries	All users	<ul style="list-style-type: none"> • On arrival assess the users in the waters and use an appropriate venue to minimise the risks of impact • Stay in the swim zones between the red and yellow flags • Keep control of the group • Change locations if required but keeping between the red and yellow flags
Weaver fish and jelly fish stings leading to discomfort and possible anaphylaxis	All users	<ul style="list-style-type: none"> • Foot wear such as wetsuit boots are recommended but not essential • Action for weaver fish stings - take to lifeguard station to bathe foot in hot water for up to 20 mins. • Action for jelly fish stings - take to lifeguard station if severe. For minor stings splash with sea water, cool affected area and remove any visible stinging barbs. DO NOT USE FRESHWATER
Staff and group being put into danger from rescuing participants(staff inability to perform a safe rescue and the group being neglected leading to additional casualties)	All users	<ul style="list-style-type: none"> • Beach based instructor signalled in the event of an emergency and will ask for lifeguard assistance • The group are to be made safe and sent to the kit area • Staff only to perform a rescue if capable, protocol is: <ul style="list-style-type: none"> ○ Coach ○ Wade ○ Swim

4.25. Temple Run

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. All staff / groups running this must have read the NOP

BF 2. Ratios

- 2.1. 1:16
- 2.2. Additional staff will be required for the “temple” with hard to manage groups or groups with physical disabilities
- 2.3. The use of competent assistant’s here can be used to

BF 3. Location

- 3.1. ADQ gate to campsite via the temple

BF 4. Storage, inspections and maintenance

- 4.1. The temple run should be checked by staff as they use it, if the activity looks different or dangerous in any way then it should not be used
- 4.2. Faults and issues reported to the Centre Manager immediately
- 4.3. An annual cutting of the bracken should be carried out if appropriate

BF 5. EAP

- 5.1. Read risk assessment for EAP

BF 6. Adaptations for groups with disabilities

Sample lesson plan for Temple Run

Typical session length	30 minutes to 90 minutes
Aims and objectives	An adventurous walk with elements of mud, scrambling and scenic views. Groups are required to work together offering support, cooperating with one another. Cognitive skills such as problem solving can be included with additional equipment
Equipment Needed	None the session could include poles, barrels and ropes to add challenge
Set up notes	None
Introduction	brief should include: <ol style="list-style-type: none"> 1. No running 2. Appropriate clothes (trousers, good footwear, old clothes) 3. Helping each other 4. Sticking to the path 5. Expected terrain 6. Behaviour on the temple
Main Delivery	<ul style="list-style-type: none"> • Start at the ADQ gate, brief here before you start the walk • Depending on how the session is designed to be run to can allow people to explore the path, you can lead the walk, allocate a leader role etc • It is advised that the group stop before the temple for a briefing on how it can be climbed safely • Exit at the campsite
Summary	as appropriate
Pack down	check back in all kit

Risk assessment for Temple Run

Hazards	<ul style="list-style-type: none"> • Black throne and brambles • Cliff edges • The “temple” • Archery • Remoteness • Equipment and activity
---------	---

Risk	Who it effects	How is this controlled?
cuts and grazes from blackthorn and bramble leading to possible infections	staff and guests	<ul style="list-style-type: none"> • Long trousers should be worn, long sleeved tops are also recommended. Old clothes are advised • The path is maintained to a state where the majority of the hazards are removed but its natural state is also maintained. Blackthorn is removed as far as possible • First aid kits to be carried, cuts to be cleaned and covers as soon as practical
Falling from cliff edges leading to fall from height (10M) resulting in significant injury and or death	Staff and guests	<ul style="list-style-type: none"> • All section of the route that come close to the cliff edge have been rerouted away from the edge • Group size limited to 1:16 to allow for supervision
Rock falls during the walking resulting in falls from height (10 M) resulting in significant injuries and or death	Staff and guests	<ul style="list-style-type: none"> • The NW corner of the quarry has obvious unstable rocks, the path has been rerouted to avoid this section. • Groups are supervised on a ratio of 1:16
Falling on the scramble up, while on top and also descending from the temple resulting in impact injuries	Staff and guests	<ul style="list-style-type: none"> • Group size limited to 1:16 • Not to be used in winds above force 5 • People on the temple should be no more than 8 at a time • Optional walk around established to avoid windy and rainy days as appropriate with the group • Ground encouraged to work together • Instructor to be in the PMU • Walking and 3 point of contact encouraged when moving up, while on top and descending the temple • Careful consideration on suitability of the group is required. Groups that are hard to control or less able may struggle and additional support or lower group numbers need to be considered • Good footwear needs to be worn and all footwear needs to be secure
Rocks moving resulting in fall from height, impact and crush injuries	staff and guests	<ul style="list-style-type: none"> • The temple is a very well established pile of rocks from historic quarry works. Although their security is uncertain, though use and observations by staff we consider them safe. • All staff using the temple need be aware of any instability and movement and report immediately to the Centre manager • The established 2 routes are the only 2 routes to be used
Moving into the over shoot area for the	Staff and Guests	<ul style="list-style-type: none"> • The over shoot line is marked with a piece of blue rope and should not be crossed

archery range and being hit by arrows		<ul style="list-style-type: none"> • The main path is very obvious and it is hard to deviate from this unless intent on doing so • Group supervision is required at a ratio of 1:16 • Archery will be moving in 2016 to another part of the site removing this risk completely
Poor access for emergency services and for evacuation of injured people leading to injuries worsening	Staff and guests	<ul style="list-style-type: none"> • Staff running the temple run will be carrying a radio and or mobile phone and can contact assistance from the DM in an emergency • People should not be pressured to do anything beyond their ability • The walk has 2 exit points (ADQ gate and the campsite). If BF staff are not able to evacuate people without causing further harm then the emergency services should be called. <ul style="list-style-type: none"> ○ Any accidents beyond the temple should be evacuated towards the campsite, this terrain is manageable ○ Accidents before the temple should be evacuated back towards the start of the ADQ. This will require more staff as the path is steep and muddy.
the use of additional equipment such as planks and barrels for team building purposes resulting in slips, trips and falls	Guests	<ul style="list-style-type: none"> • Careful consideration to what equipment is used • Moving equipment over the temple will need careful managing, support and or spotting should be in place • Multiple people carrying equipment should be briefed and monitored and manual handling consideration briefed

4.26. Water Slide NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflict of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. Previous experience on sliding down the water slide
- 1.2. Staff must have read and signed the NOP
- 1.3. Permission to set up and use the slide must be gained by the Centre manager

BF 2. Ratios

- 2.1. 2:50

BF 3. Location

- 3.1. Lower field using the small slope next to the steps below the garden

BF 4. Storage, inspections and maintenance

- 4.1. The slide must be stored away in the problem solving container dry and on the middle shelf
- 4.2. This activity requires no regular checks but is checked during set up and take down for defects
- 4.3. Once the slide is set up it must:
 - Be padded on the initial impact zone from take off
 - Pegs used to secure the slide must be staked in level or below the ground
 - Tested by staff cautiously i.e. small slow rides building up to full speed descents
 - The exit must be checked to ensure that there are no brambles on the exit

BF 5. EAP

- 5.1. Normal EAP applies

BF 6. Adaptations for groups with disabilities

- 6.1. Participants can slide down in a seated position or on their back or on a camping mat if this is deemed safer or more appropriate
- 6.2. Staff are allowed to slide down with the participant in a controlled manner if this makes the experience safer or more appropriate

Sample lesson plan for the Water Slide

Typical session length	Varied 30 mins - 120 minutes
Aims and objectives	fun
Equipment Needed	3 x sections of specific rubber matting Aprons Hose pipe Specific water fountain Pegs and mallet
Set up notes	Testing as above must take place
Introduction	A formal briefing and demonstration must take place so the group can see the best method of descent
Main Delivery	<p>Briefing</p> <ul style="list-style-type: none"> • Safety points that need to be covered • Apron must be worn • Shoes must be worn • Old clothes must be worn • Descents must be head first on their stomach • Hands must be in the air • Feet must be up • One person to launch at a time, when instructed • No standing on the slide <p>Following briefing groups are allowed to launch at will. Instructors will control the launching to one at a time but the frequency of this can be largely determined by the group. Staff are to monitor the number of participants on the slide and to keep and maintain a safe environment.</p>
Summary	
Pack down	Equipment should be packed away on the middle shelf in the problem solving container dry and ready for next use

Risk assessment for the Water Slide

Hazards	<ul style="list-style-type: none"> • Launching • Pegs • Grass and brambles • Other users
---------	--

Risk	Who it effects	How is this controlled?
Impact injuries from launching	All	<ul style="list-style-type: none"> • The “impact” zone at the launch spot is to be padded out with mattresses or roll mats • Explanation and demonstrations to be provided by the instructor
Cuts and bruises from sliding over pegs	All	<ul style="list-style-type: none"> • Only the minimum amount of pegs are used • All pegs uses are to be mallet into the ground level or just below the surface to reduce the potential of injury • Old clothes and aprons worn to reduce the chance of cuts and grazes
Cuts and scratches from impacting brambles on the exit of the slide	All	<ul style="list-style-type: none"> • Area to be maintained by maintenance manager and staff are responsible to check the area to ensure it is safe enough for use • Staff to have previous experience of using the slide to help make this decision • Old clothes and apron worn to minimise any cuts if participants into brambles
Sliding off the side of the slide leading to cuts and scratches from brambles and prickly plants	All	<ul style="list-style-type: none"> • Area to be maintained by maintenance manager and staff are responsible to check the area to ensure it is safe enough for use • Staff to test the slide before guests use it to ensure correct set up • Specific launch site and impact site ensure correct trajectory which will minimise premature exit from the slide • Staff to have previous experience of using the slide to help make this decision • Old clothes and apron worn to minimise any cuts if participants off the side of the slide • Shoes must be worn
Participants getting knocked over by other participants leading to minor impact injuries	All	<ul style="list-style-type: none"> • One participant launching at a time • No walking on the slide • Staff monitoring group behaviour and numbers on the slide

4.27. Weaselling NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This activity is the exploration of small squeezes (tunnels), caves with elements of scrambling using the gaps between well established and stable boulders

This policy is in addition to the General NOP and Risk assessment; any conflict of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. BFA level 4 + member of staff

BF 2. Ratios

- 2.1. 1:8

BF 3. Location

- 3.1. Carn Brea rocks

BF 4. Storage, inspections and maintenance

- 4.1. Sites should be visually inspected before use to ensure there are no foreign objects such as glass that could cause harm or discomfort
- 4.2. Rocks should be checked for secure placements (check that are non moving). If the instructor is not absolutely sure that the rocks are secure then another location should be used

BF 5. EAP

- 5.1. As per off site guidelines

BF 6. Adaptations for groups with disabilities

Weaselling sample lesson plan

Typical session length	1.5 hours
Aims and objectives	<ul style="list-style-type: none"> • To physically explore the boulders in an exciting manner • To support peers • To push personal boundaries
Equipment Needed	<ul style="list-style-type: none"> • Helmets- 1 per participant • Protective clothes (optional)
Set up notes	<ul style="list-style-type: none"> • Instructors should inspect all caves, tunnels and squeezes before allowing participants to enter them
Introduction	<ul style="list-style-type: none"> • Stay together • Listen to instructions • Walk around the site • Look out for each other • Take things slow
Main Delivery	<ul style="list-style-type: none"> • Explore the various rock formations and lead groups through various caves, tunnels and squeezes. • This is best done with a group brief and then allowing them to have a go one at a time • Ensure the group are in line of sight and all accounted for • Ensure that people are adequately spotted • Squeezes should be attempted one at a time
Summary	<ul style="list-style-type: none"> • Recap on learning and highlights of session
Pack down	<ul style="list-style-type: none"> • Count in helmets and place back in the store

Weaselling risk assessment

Hazards	Rocks Glass and foreign objects Getting stuck (emotionally and physically)
---------	--

Risk	Who it effects	How is this controlled?
Impacting the rocks with you head while weaselling resulting in head injuries	Guest and staff	<ul style="list-style-type: none"> Helmets to be worn at all times
Falling from rocks while moving around resulting in falls from height and impact injuries	Guest and staff	<ul style="list-style-type: none"> Suitable locations used that limit the exposure to the edges of rocks Group to be aware of hazards Appropriate group management used to limit the number of the group exposed to the rock edge Spotting used as and when appropriate
Rock movement resulting in crush injuries and entrapment	Guest and staff	<ul style="list-style-type: none"> Suitable locations will only use well established rock formations which has shown no sign of movement for a significant amount of time Reasonable effort should be made to try and move the rock to assess its stability before entering it Should there be any movement or suspicions about it stability then another venue must be used
Cuts and infections cause by objects or rubbish left in the rock formations	Guest and staff	<ul style="list-style-type: none"> All sites, caves, tunnels and squeezes should be checked prior to use If there is signs of glass then another site should be used Groups are not to leave any rubbish behind and staff should encourage the group to leave the site tidier than they found it
Getting physically stuck resulting in additional help being needed	Guest and staff	<ul style="list-style-type: none"> Participants should be informed about the hole, cave, tunnel or squeeze they are about to enter Options should be laid out for the participant to opt out The instructor should demonstrate first to show safe methods and to allow participants to make an informed choice Should someone become stuck then the emergence service should be called once all practical measure have been exhausted

4.28. Zip Wire (accessible) NOP

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. Internal zip wire training and assessment for the top of the platform
- 1.2. Informal induction by a competent level 5 for the bottom lower off
- 1.3. Annual refresher

BF 2. Ratios

- 2.1. 2:16 (suggested ration 2:8)
- 2.2. For groups with a higher risk additional staff members may be required

BF 3. Location

- 3.1. Assessable zip wire

BF 4. Storage, inspections and maintenance

- 4.1. Daily visual checks of all kit and apparatus
- 4.2. Detailed and logged half termly checks on all apparatus
- 4.3. Annual type C inspection (usually May) of zip wire
- 4.4. Accessing must only be completed by competent instructors, these are:
 - Staff who have ERCA training including accessing and rescues
 - Staff who have been trained to assist in the specific inspection and associated rescue for the BFA accessible zip wire

BF 5. EAP

- 5.1. Refer to general EAP located in the general section of this file
- 5.2. Should someone become trapped at height the CI / SI must be contacted for a Aerial rescue / assist

BF 6. Adaptations for groups with disabilities

Zip wire (Accessible) Sample lesson plan

Typical session length	1.5 hrs
Aims and objectives	<ul style="list-style-type: none"> To ensure participants are as safe as necessary Provide an enjoyable experience Provide education relating to risk (perception, management and benefit)
Equipment Needed	<ul style="list-style-type: none"> Zip wire sets from store (trolley, safety rope, daisy chain, 3 x krabs, gri-gri, pulley and 2 x snap gates) 1 x harness and helmet per participant Fully body and chest harnesses as necessary
Set up notes	<ul style="list-style-type: none"> The session does not operate in winds exceeding 30mph from the north Staff to ensure their safety by attaching to a safety line and never working alone Set up all equipment as illustrated in the session plan Safety and rescue kit will need to be at the zip wire during inspections that take place at height Ensure that there are no Archery sessions on the lower field taking place during this activity Set up as per training (see syllabus) Sign out equipment Check weather and refer to NOP for operational limits Visual check of: <ul style="list-style-type: none"> General area Wires Attachment points Anchor points PPE Zip kit (and by running the rope through the hands) Check for the use of the archery range Function tests for zip kit Set up retrieval system Check wind speed and directions- cancel the session in winds exceeding 30mph from the North
Introduction	<ul style="list-style-type: none"> Rapport <ul style="list-style-type: none"> Introduce yourself and the activity, gather medical history and previous experience and gauge the group's emotional states. Safety <ul style="list-style-type: none"> check for appropriate shoes make sure items are removed or secured in appropriate pockets Ensure long hair is tied back / out of the way Only come onto the platform when invited (3 guests MAX), work experience, trainees and volunteers are welcome on the platform with a briefing and a safety line
Main Delivery	<p>Briefing</p> <ul style="list-style-type: none"> Long hair- tied back Shoes- secured to feet Loose items in pockets- removed or zipped up Waiting area When to come into activity area- listen and leave the PPE alone Previous injuries <p>1. Instructor safety- ensure that the safety line is attached at all times. Well-fitting harness and helmet are also worn.</p>

	<ol style="list-style-type: none"> 2. Invite participants onto the platform and check all PPE while passing through the gate 3. Attach participant to the safety line 4. Attach to the zip system (use standing box if required) and ask participant to check. See training syllabus 5. Checks (functional) 6. Ensure zip is clear and wait for confirmation from the bottom instructor (by shouting clear and thumbs up) 7. Untie the front barrier and allow the participant to zip 8. Lower the participant off as the illustrated in the training syllabus 9. Participant to reset the system with the instructor or after a demonstration from the instructor
Summery	<ul style="list-style-type: none"> • Review the session
Pack down	<ul style="list-style-type: none"> • Pack the kit into bags, checking it for damage • Lock the gate to the platform • Take the kit back to the store • Sign the kit back in • Report any damages / concerns to senior staff

Zip Wire (accessible) Risk assessment

Hazards	Launching platform Equipment Staff Level crossing gate People doing Archery Release and lowering system# Zip wire Long hair / jewellery Shoes and loose items Weather
---------	--

Risk	Who it effects	How is this controlled?
Fall from platform resulting in impact injuries	Staff Guest Public	<ul style="list-style-type: none"> Gates in place to limit access Signs erected to inform of dangers Safety kit stored and locked away Procedures of operation in place (see session plan) using safety lines to ensure client safety- staff are trained and assessed with these procedures Safety lines in place and set up by trained instructors that eliminate the risk of a fall All staff are trained and assessed by competent and experienced instructors (ERCA) in line with the training and assessment manual All groups are supervised by qualified instructors at all times at a maximum staffing ratio of 2 : 12 (1 of these instructors will be managing the bottom of the zip wire)
Slipping on the platform leading to cuts, bumps	Staff and guests	<ul style="list-style-type: none"> Good briefing to walk only Instructor to manage position of safety lines
Equipment failure due to improper fitting, lack of conformity or misuse resulting in impact injuries and falls from height	Staff Guests	<ul style="list-style-type: none"> All equipment conforms to standards laid out by ERCA All instructors trained and assessed on how to operate equipment The zip wire will be included on the daily "walk the floor" checks to monitor operation standards All equipment in "visually" checked on a daily basis All equipment is checked on a half termly basis and logged All equipment stored, managed and checked in line with manufactures recommendations There is a clear system in place for equipment that has: <ul style="list-style-type: none"> Operational concerns (removed and reported to senior staff) Been retired
Poorly fitting equipment leading to impact injuries and falls from height	Guests	<ul style="list-style-type: none"> All equipment fitted in line with manufactures guidelines During normal operation a sit harness will be used as the primary safety Large or smaller framed people have access to a fully body harness or chest harness
Structural failure of equipment due to overloading the apparatus	Guests	<ul style="list-style-type: none"> The weight limit is 130KG (20.5 stone) We aim to operate with a maximum limit of 18 stone for operational purposes

		<ul style="list-style-type: none"> Our sign and documents state 16 stone to allow a margin of error or misdirection from service users
Staff making mistakes leading to injuries and falls from height	Staff Guests	<ul style="list-style-type: none"> All staff internally trained by designated individuals as illustrated by the technical expert, these currently include: <ul style="list-style-type: none"> CI- Tony Baker TL- Paul All instructors are to be assessed externally before being allowed to operate independently on the zip wire Staff will receive “refresher training” (details contained within the training manual) at least annually Specific mention of staff operating the zip wire will be made during the “walk the floor” observations Staff will not run the same action on the zip wire (i.e. sending people down or lowering people to the ground) for more than a 1.5 hour period in order to provide variety to their work period
Impact to the level crossing gate during the zip wire descent	Guests	<ul style="list-style-type: none"> Level crossing gate to be fully closed Duality check in place where the top and bottom instructor agree a safe descent by shouting clear and have a clear signal (thumbs up)
Guests releasing the system incorrectly resulting in the client getting stuck at height or impact injuries and falls from height	Guests	<ul style="list-style-type: none"> The system used to lower people off is a simple system The system used to lower off has a “back up” system (daisy chain sling) to eliminate a fall from height due to incorrect operation of the lower off A clear explanation on how to use the release system will be done and a check for understanding will take place before descent Staff trained on how to lower people should a participant become stuck One member of staff (CI / SI) will be trained on how to assist / rescue people from a wire should the need arise
Structural failure of the zip wire leading to multiple impact and / or crush injuries	Staff Guests Public	<ul style="list-style-type: none"> The activity was constructed by a reputational company On construction the activity had a type A inspection upon completion (certificate pending) The zip wire is inspected annually by a type C inspector All recommendations will be taken on board and auctioned in good time
Participants grabbing the wire during the descent leading to cuts and burns	Staff, guests	<ul style="list-style-type: none"> Thorough briefing prior to descent Most participants are out of reach of the wire
Long hair and jewellery becoming trapped in the equipment during the descent / lower off resulting in people becoming stuck at height	Staff Guests	<ul style="list-style-type: none"> All hair, tassels and loose items to be tied back during descent Loose jewellery to be removed to secured in such as manor not to become a hazard before descent One member of staff to be on site and comfortable to carry out a rescue / assist at height should the situation demand it
Footwear and loose items in pockets falling	Staff Guests Public	<ul style="list-style-type: none"> Shoes need to be secured to feet (no flip flops or loose footwear)

off during descent and impacting people		<ul style="list-style-type: none"> All loose items in pockets need to be placed into a zipped pocket or removed prior to descent The area under the zip wire should be restricted during participant's descent
Impacting the end poles as the participants' zip is accelerated from winds coming from behind them (N winds)	Guests	<ul style="list-style-type: none"> Sessions do not take place in winds from the N exceeding 30 mph (based on the met office)
Injuries when operating in lightening	Staff Guests	<ul style="list-style-type: none"> All sessions will be stopped in the event of thunder or lightening and will not resume for a 20 minute period
Non assessed people operating the zip wire for others under the supervision of a qualified zip wire instructor making mistakes leading to mistakes	Guests	<ul style="list-style-type: none"> All procedures listed still apply The responsibility of client safety lies with the top instructor The top instructor must be present at all times and able to intervene at all times

4.29. Transferring, moving and supporting disabled people

Managed by	Tony Baker
Last review	February 2016
Next Review	February 2017

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 1. Qualification

- 1.1. BF Adventure in house training
- 1.2. Approval from BF Adventure centre manager based on APL
- 1.3. No update necessary unless major procedure change or new equipment is purchased

BF 2. Ratios

- 2.1. As per session ratios

BF 3. Location

- 3.1. BF Adventure

BF 4. Storage, inspections and maintenance

- 4.1. Accessible equipment container
- 4.2. Before and after each use
- 4.3. Mango hoist to have annual LOLER Inspection (under review)

BF 5. Equipment for session

- 5.1. As per training

BF 6. Briefing

- 6.1. NA

BF 7. Main delivery

- 7.1. People
 - Respect values, opinions, experience of users and associated carers and parents
 - Reassure that the participants and parents / carers are in control of their experience
 - Recognise parents, carers and participants emotional and comfort levels, challenge by choice still applies
- 7.2. Leadership
 - CLAP
- 7.3. Equipment
 - Pre use inspection
 - Staff only to use equipment they have had training and are comfortable to use
 - All equipment only used as trained unless permission has been granted by Centre Manager
 - Checking, visual and functional
 - Monitoring during activity
 - Testing and adjusting
 - Post session checks and reporting
 - Yale hand must not be used to primary load baring, see risk assessment

BF 8. EAP

- 8.1. Mainly for off site activities and only to highlight differences in on site procedures

BF 9. Adaptations for groups with disabilities

Risk assessment for Transferring, moving and supporting disabled people

Hazards	<ul style="list-style-type: none"> • People, the moving of • Camp lifting chair • Yale handy hoist • Mango hoist • Hydraulic hoist • A-Armadillo
---------	--

Risk	Who it effects	How is this controlled?
Injuries to staff (back and soft tissue injuries) and users (impact injuries from being dropped) from moving / transferring disabled people into and out of equipment (such as canoes)	Staff and disabled people	<ul style="list-style-type: none"> • All staff moving people to be trained or working under the leadership of a trained person • A well thought out plan of action is to be carried out that includes the following: <ul style="list-style-type: none"> ○ Input from the person being move if appropriate ○ Input from professionals and or relatives of the person being moved ○ A clear and well thought out plan of action to be communicated and agreed before anything commences taking into account: <ul style="list-style-type: none"> ▪ The needs, medical conditions, weight, benefit of activity vs stress a transfer may cause, environment, available staff and resources, emotional states, proficiency of staff, movers physical conditions, weather, terrain, medical apparatus attached to the person ○ If available and appropriate, mechanical aids should be considered and used if possible ○ Excellent communication between all parties during the lift ○ Where appropriate practice lifts should be conducted to ensure everyone is clear and comfortable before commitment is made to the actual lift. • During the lift, a clear and stable platform and stance should be established by staff. Secure shoes, wide stance and a clear area free from trip hazards should be maintained through the exercise • Excellent manual handling techniques should be adopted which include: <ul style="list-style-type: none"> ○ Lifting using the major muscle groups in your legs ○ Backs to remain straight ○ Working in groups of 2 lifters or more ○ Lifting is only as long as necessary, the plan should consider the minimal amount of lifting required and work to this. ○ Staff should be physically able to lift, i.e. are physically fit and able, are warmed up and ready for the activity

		<ul style="list-style-type: none"> BF Adventure has the following equipment available for lifting, these should be considered as the primary methods for lifting: <ul style="list-style-type: none"> Camp lifting chair (blue chair with handles) Mango hoist- equal adventure Hydraulic hoist (hires from CC) Yale handy hoist
Injuries occurring to disabled people through lack of knowledge about their conditions during a move.	Disabled people	<ul style="list-style-type: none"> All moves carried out along side with a parent / health care professional who knows and fully understands the disabled persons needs No lift will be carried out until everyone agrees a plan of action The needs for such a competent person will be made aware to all groups at the time of booking to avoid disappointed Site visits encouraged prior to events to assess the needs required for a lift
Camp lifting chair		
Injuries to staff and lifters backs and soft tissue during a lift	Staff and lifters	<ul style="list-style-type: none"> The chair is to be operated by 4 people as per training Excellent coordination by a delegated lead instructor The lift area is a free from trip hazards as possible The lift is only as long as necessary and as short as practical If possible, the lifters are stationary and the platforms that the person is being transferred from and too is the thing that move The chairs conditions is checked before its use for signs of wear, tear and neglect The person being lifted should not hold onto people lifting them, if necessary a 5th person should be used to assist and manage them Maximum weight limit for lift of 12 stone
Injuries to the person being lifted due to poor equipment	Disabled person	<ul style="list-style-type: none"> Equipment stored dry in accessible container Equipment check prior to use Wear and tear reported to team leader / manager
Yale handy hoist		
The hoist not being used for its intended purpose and subsequently failing leading to a failed hoist system and a small fall from height	Disabled person	<p>The yale hand hoist is designed for lifting objects and not people and as such, does not carry approval or have the required testing for moving or lifting people. That said its operational limit is significantly higher than required to move or lift people and its ease of operation, size and practicality in certain situations has significant benefits. When used the following guidelines must be followed:</p> <ul style="list-style-type: none"> It is not intended as a safe system in and of itself and must be used in conjunction with another system (ropes system, blue chair etc) The operation weight limit for this is 12 stone Staff using the hoist must have had training in its use prior to using it with A visual check of the apparatus must be carried out looking for rust, cracks and deformities A function test must be carried out to ensure its operating correctly
Losing items or hair getting caught in the	All users	<ul style="list-style-type: none"> All hair to be tied back

gears leading to distress		<ul style="list-style-type: none"> Tassels and loose items of clothing tucked in, made safe or removed before its use
Mango hoist- equal adventure and Hydraulic hoist (CC)		
Manual handling injuries from moving the apparatus into position	Operators	<ul style="list-style-type: none"> A minimum of 2 people to move the hoist Ensure the path is clear and free from trip hazards Good communication For move over a short distance (around 100 M) a vehicle should be considered to move the equipment
Incorrect fitting of the sling leading to falls from height and distress to people being lifted	All users	<ul style="list-style-type: none"> Slings fitted as per manufactures instructions People only to fit slings if they have been shown how to Most people requiring lifting will usually have their own slings, in these cases these should be used If anyone is to be lifted, consultation and guidance should be sought by a parent or carer about how to properly fit the harness based on their experience and knowledge Before any lift, a full check and practice should be carried out
Incorrect instillation of hoist leading to collapse and falls from height and impact injuries	All users	<ul style="list-style-type: none"> Instillation according to manual MANGO-Only people who have use the hoist previously can set up the system A visual check of all points, pins and apparatus should be carries out after instillation Function tests of its entire operation should be carried out in advance of any lifts
People being dropped during hoist leading to falls from height	Equipment user	<ul style="list-style-type: none"> Function test carried out before any lift Test lift carried out and adjustments made as necessary Excellent team work led by a designated individual will take place. Checking of EVEYONES thoughts and opinions are actively sought to ascertain the an appropriate lift.
Equipment failure from poor maintenance leading to fall from height and impact injuries	All users	<ul style="list-style-type: none"> Equipment checked visually prior to use, monitored during use and on pack away Function test carried out prior to every use LOLER testing annually (hydraulic hoist this is carried out from Cornwall Council as hirers)
A-Armadillo		
Injuries to user stemming from existing medical conditions	User	<ul style="list-style-type: none"> Equipment used as per training Parents or medical professionals consulted as to optimum fit for user Lumber and side support must be considered before allowing people to go onto the water Additional physical support can be gained by physically able person sat / kneeling behind user

4.30. Template Activity Name NOP

Managed by	
Last review	
Next Review	

This policy is in addition to the General NOP and Risk assessment; any conflicts of procedures are superseded by this activity specific document.

BF 10. Qualification

- 10.1. Min qual
- 10.2. Update / current

BF 11. Ratios

- 11.1. Instructor : participant
- 11.2. High risk group adjustment
- 11.3. Competent assistants

BF 12. Location

- 12.1.

BF 13. Storage, inspections and maintenance

- 13.1. Location
- 13.2. Frequency of checks
- 13.3. Setting up
- 13.4. Staff safety

BF 14. Equipment for session

- 14.1. Staff kit
- 14.2. Guest kit

BF 15. Briefing

- 15.1. Safety points that need to be covered

BF 16. Main delivery

- 16.1.

BF 17. EAP

- 17.1. Mainly for off site activities and only to highlight differences in on site procedures

BF 18. Adaptations for groups with disabilities

Sample lesson plan for ACTIVITY

Typical session length	
Aims and objectives	
Equipment Needed	
Set up notes	
Introduction	
Main Delivery	
Summary	
Pack down	

Risk assessment for ACTIVITY

Hazards | •

Risk	Who it effects	How is this controlled?

5. Off Site Assessments

When operating off site the risk is managed differently to when operating on site.

1. Each site will be Risk assessed- this will include a map, EAP, environmental factors, access, communication and specialist equipment.
2. Where possible, the on site assessment for the proposed activity (general / specific) will be the guiding document when operating / delivering activities. Where the site alters the risks (such as kayaking on a river will require a higher level of BCU coach) then the attendants on the site assessment supersede the original risk assessment and become the Normal operating Procedure.
3. All off site venues must be approved by the Centre Manager prior to use

See company drive for all current offsite venues.

6. Risk assessments for residential Visits

Hazards	<ul style="list-style-type: none"> • Camp site Toilet and shower block • Tents • Camping rooms 1 and 2 • Marquee • Campsite kitchen • Hub kitchen • Security • Car parking • Smoking • Electrical safety • Fire safety • Water management • Safeguarding • Emergencies (absconding, missing persons) • Access (day and night) • Gas management • Weather • First aid
---------	--

Risk	Who it effects	How is this controlled?
Campsite toilet and shower block		
Hygiene issues due to lack of cleaning leading to unpleasant area and the possibility of infections	All users	<ul style="list-style-type: none"> • Toilets cleaned daily when in use • Wash basins cleaned daily when in use • Showers cleaned daily when in use
Not enough showers per participants to enable users adequate access during their visit	Campers	<ul style="list-style-type: none"> • Showers are based on 1 shower to 15 campers • BF operates 4 showers (including the accessible shower) which allows up to 60 people to camp at BF adventure at any one time • Additional showers can be hired in for larger events on the same ratio • For people only staying one night, then there is no need to provide a showering facility
Not enough toilets per participant to enable adequate access during their visit	Campers	<ul style="list-style-type: none"> • Toilets are based on 1 toilet / urinal per 10 campers • BF operates the following toilets (8 in total = 80 people): <ul style="list-style-type: none"> ○ 4 x toilets at camp site ○ 1 x accessible toilet ○ 2 x female toilets in the car park ○ 1 x male toilet in the car park ○ 2 x urinals in the car park ○ 1 x accessible toilet in the car park • Additional toilets can be hired for larger camping events
Poor personal hygiene after visiting the toilet leading to cross infections to other users	All users	<ul style="list-style-type: none"> • Hand washing basins with hot and cold water are located on the outside of the toilet block • Soap is provided at the external hand basins • Paper towels provided to dry hands
Lack of facilities for medical waste and personal hygiene products leading to unsanitary environment	All users	<ul style="list-style-type: none"> • Regular collections are arranged through an external contractor • Bins are provided and managed by external contractor

		<ul style="list-style-type: none"> • Bins are located in in mixed toilets, female specify toilets and accessible toilets
Lack of adequate toilet and showering facilities to enable people with disabilities to have a hygienic experience	People with disabilities	<ul style="list-style-type: none"> • The camp site and car park have accessible toileting facilities which include: <ul style="list-style-type: none"> ○ Suitable sized door ○ Adaptions to the toilet to allow for easier access ○ Large space for manoeuvring with a wheel chair ○ Wheel chair access • Campsite toilet has a shower with seat to allow for easier showering experience • The campsite toilet has a very large space to accommodate a hoist and a changing table (both need prior booking and hiring from external supplier)
Contaminated drinking water causing illness	All users	<ul style="list-style-type: none"> • All taps suitable for drinking water are clearly marked and vice versa • See water management risk assessment
Poor lighting leading to trip injuries	All users	<ul style="list-style-type: none"> • Lights positioned at key points to enable safe navigation at night time • All campers asked to bring along a torch to residential visits as part of their kit list and be personally responsible for their movement
Mixed gender use of facilities resulting in inappropriate sexual behaviour / bullying	Campers	<ul style="list-style-type: none"> • All toilet and shower facilities (except boy urinals) are individual units with locks to provide privacy
Safeguarding issues such as self harm and poor behaviour and accidents becoming worse because staff cannot access a locked toilet / shower facility	All users	<ul style="list-style-type: none"> • All locks can be open from the outside by using a screw driver / coin to provide emergency access • Identified high risk users should have individual risk assessment prior to coming away and the consideration of appropriate supervised toilet / shower use may be considered. <p>This is the responsibility of the visiting group leader and not BF Adventure.</p>
Access to the plant room and to cleaning chemicals, electrical machinery and heating appliances leading to electrocution, misuse of chemicals and damage to equipment.	All users	<ul style="list-style-type: none"> • Access is via coded padlock which only staff and leaders have access too • Chemicals kept in plant room are specific to cleaning and pose minimum risk • Plant room managed by trained individuals
Tents		
Overcrowding leading to uncomfortable experiences and minor injuries	Campers	<ul style="list-style-type: none"> • Scout tents- these are 16 man tents, we will operate between 8-10 people depending on the group and the length of their stay. • Bell tents- these tents are sold as 5 person tents and can be up to 8 people depending on the group and the length of their stay • 2 and 3 man tents- as per description
Tents catching alight leading to burns and potentially death	Campers	<ul style="list-style-type: none"> • No smoking is allowed on site thus reducing the chance of ignition • All tents have exits places as per manufactures guidelines • Tents not over crowed as per this risk assessment

		<ul style="list-style-type: none"> No cooking is allowed in tents (expeditions would be an exception to this and a specific risk assessment will need to be produced to manage the risks here) Fire buckets positioned by campsite toilet tap Groups leaders are aware of action in the event of a fire BF staff member sleeps on site during all residential experiences to assist in an emergency
Poor pitching leading to damage to tents and a poor nights sleep	Campers	<ul style="list-style-type: none"> Tents pitched by or supervised by BF staff Main pitches are well established and build on purpose built stands
Mixed gender sleeping leading to inappropriate sexual contact	Campers	<ul style="list-style-type: none"> BF policy is that there is to be no mixed gender sleeping permitted in tents Additional 2 man tents are provided to allow for realistic sleeping separations within every group size and make up Risk assessment should be completed by the visiting group if there is this proposes a significant risk. These actions can include: <ul style="list-style-type: none"> Campsite operations (boys one end and girls the other with leaders in the middle) Waking night. This can be purchased for an additional fee where BF staff will monitor the group over night or can be set in place by the visiting group
Camping rooms 1 and 2		
Overcrowding leading to discomfort and poor evacuation in an emergency	Campers	<ul style="list-style-type: none"> Access between bunk beds is a minimum of 1 M to allow for access Storage under bunk beds for personal equipment to allow for access Hooks for coats and spaces for boots are located in the entrance corridor to keep space in the sleeping areas clearer The large room has a capacity of 8 people (4 x bunk beds) The small has a capacity of 4 people (2 x bunk beds) Other areas (marquee and or campsite kitchen) are made part of the residential experience to enable socialisation outside of the camping rooms
Bunk beds moving or falling leading to crush injuries	Campers	<ul style="list-style-type: none"> All beds are secured to the floor
Impacting heads on lights when using the top bunks	Campers	<ul style="list-style-type: none"> Lights used are low profile lights which are suitable and will not break if impacted (i.e. not neon strip lights)
People falling from top bunk resulting in minor injuries	Campers	<ul style="list-style-type: none"> Barriers in places and ladders situated to assist with this Visitors made aware and invited on a site visit and to make a risk assessment as to whether users are suitable to be using the top bunk
Lack of privacy resulting in safeguarding issues	Campers	<ul style="list-style-type: none"> All windows have blinds to prevent people looking in from the outside Camping rooms doors are situated and working to aid privacy All rooms are single gender rooms

Evacuation in a fire being poor and resulting in injuries or death	Campers	<ul style="list-style-type: none"> • Fire sensors located in each room and entrance hallway • Fire alarm points in every room and hall way • Evacuation plan in every room • Rooms are single door entrance and exit, group to be made aware of this on arrival • Rooms to be kept tidy and access is maintained throughout residential • Evacuation plan explained to visiting staff on arrival, see fire management risk assessment in this policy • BF has a non smoking policy which will reduce the sources of ignition • Electrical items are tested annually • Fire systems are checked prior to every residential and annually by an external company
Marquee		
Overcrowding leading to injuries in an evacuation	All users	<ul style="list-style-type: none"> • The maximum capacity is 150 people but consideration should be made in the following circumstances: <ul style="list-style-type: none"> ◦ Games- for games the usable space becomes an issue, ratio are suggested at 40 users
Poor lighting leading to minor injuries	All users	<ul style="list-style-type: none"> • Spot lights rigged to the outside electrical hook up are positioned to provide lighting in evenings and night time • Users need to be show how these work
Injuries from falling	All users	<ul style="list-style-type: none"> • We use wood chip as the ground cover to enable a soft landing • The wood chip is locally sourced and suitable as a ground cover as guaranteed by the supplier
Dust from wood chip (ground cover) causing respiratory distress	All users	<ul style="list-style-type: none"> • These is monitored by staff and new wood chips ordered as and when required (2-3 years) • Overcrowding and games make this worse so awareness on when and how the space is used is essential
Mould growing on wood chips leading to respiratory distress	All users	<ul style="list-style-type: none"> • The wood chips are monitored and mouldy areas are cleaned away by staff • Staff doing this need to wear appropriate PPE to protect themselves (dust mask) • Modifications the marquee and the use of French drains are positioned to keep as much moisture out as possible • 2-3 year replacement of woods chips will reduce the likelihood of areas becoming mouldy by removing damp woodchips and laying down fresh ones
Structural integrity failing leading to crush injuries and possible death	All users	<ul style="list-style-type: none"> • Marquee monitored and maintained by maintenance. Repairs are made where possible and external contractors employed for areas beyond BFA control • Panels replaced on a rolling scheme annually • In strong winds, the use of the marquee may be stopped as a preventative measure
Campsite kitchen		
Catering and cooking standards are set out in the safer food better business file located in the office. All cooking by BFA will be using these policies and procedures		

Poor self-managed cooking leading to damage to BF property, food poisoning, injuries, fires etc	All users	<ul style="list-style-type: none"> BF will provide safe and hygienic facilities on visiting groups arrival in line with our safer food better business procedures Group will risk assess and manage catering and management of the kitchen during their stay to include food hygiene standards, cleanliness and operations (such as safe use of knives) Groups made aware of responsibility in at the time of booking
Fire safety	All users	<ul style="list-style-type: none"> See fire risk assessments
Overcrowding leading to injuries in an evacuation	All users	<ul style="list-style-type: none"> The maximum building capacity is 70 people 2 exits are provided for emergency access
Misuse of the fire places leading to burns, CO2 poisoning, fire spreading into the main room and death.	All users	<ul style="list-style-type: none"> Sign displaying how to use the fire place is clearly displayed BF recommends that there is always a responsible adult present which the fire is lit and being managed Fire management tools such as gloves are provided 2 windows must be open if the fire is lit and the extractor fan in the kitchen is on to prevent CO2 being drawn back into the main room
Hub kitchen		
Catering and cooking standards are set out in the safer food better business file located in the office. All cooking by BFA will be using these policies and procedures		
Poor self-managed cooking leading to damage to BF property, food poisoning, injuries, fires etc	All users	<ul style="list-style-type: none"> See campsite kitchen
Fire safety	All users	<ul style="list-style-type: none"> See fire risk assessments
Fire and explosions and subsequent injuries including burns, poisoning and death from poor management of the gas to the cookers.	All users	<ul style="list-style-type: none"> Gas to be turned off by the taps and isolation valves at the end of every day All cooking must be under supervision from a responsible adult Gas bottles maintained by maintenance. Gas bottles secured by padlock or in the store by the workshop
Security		
Unauthorised access to site from members of the public	All users	<ul style="list-style-type: none"> All entrances are clearly labelled as no unauthorised entry or all users must report to reception to make visitors aware of their rights and responsibilities All access points that are not the main way onto site (excluding the private track from blue bell woods which has a no entry sign) are locked gates All visitors must report to reception and sign in and then sign out The main gate is closed and locked at night time. Visiting groups provided a code that will allow them access to the site.
Site users and visitors access dangerous areas of the site or areas that are out of bounds resulting in disruption to work	Visitors	<ul style="list-style-type: none"> All areas that are out of bounds are behind locked gates All dangerous areas will have clear signage Groups briefed on arrival on safe locations and dangerous locations

patterns, injuries or death.		<ul style="list-style-type: none"> On residential, a BF member of staff will be present to assist in an emergency
Car parking and coaches		
Injuries to people walking / operating in car parks from people parking their cars	All users	<ul style="list-style-type: none"> Signs placed on car park entrance telling people the speed limit (10 MPH) One way system in place for main car park to control the flow of traffic BF buses and vehicles who are being used frequently have a designated space and also require a banks person when reversing (see vehicle policy) Campsite kitchen has limited parking and is for camping groups only Additional car parking can be located above the campsite Groups managed when walking through car parks and time minimised in the car park where possible
Staff and volunteers being hit by cars when directing them which is common during large events	Staff and Volunteers	<ul style="list-style-type: none"> Hi viz vests to be worn Torches at night time to provide more visibility
Overcrowding in main car park leading to damage to cars and limited space to manoeuvre safely	All users	<ul style="list-style-type: none"> When space is becoming limited the first call is to direct staff cars to the over flow parking above the campsite. If space is still tight then the area above the campsite and the top field can be used for staff / visitor cars Buses and coaches who are planned to drop off or pick up should have the double gates opened and also parking spaces reserved for them by the zip wire to allow for easy access and turning.
Damage to coaches and property coming onto, moving round site and leaving the site	Coach drivers and members of the public	<ul style="list-style-type: none"> Access to BF is through narrow lanes, certain buses will be too large to fit down the lanes to BF. BF recommends that the visiting companies inspect the lane prior to departure to ensure safe transport. BF has good relationships with local coach companies who know the lanes well and have suitable coaches, we recommended these companies are used. Please call the office for more information. Where necessary, BF staff will be used to control the traffic on the lane to allow for easy access to and from the site for coaches The double gates will both need to be opened to allow for coach access Parking spaces by the zip wire will be marked out and also space for manoeuvring by the work shop prior to arrival
Smoking		
See smoking policy in policy hand book		
Electrical safety		
Faulty equipment leading to electrocution and or death	All users	<ul style="list-style-type: none"> All electrical items are PAT tested annually All broken or damaged equipment is taken out of use and moved to maintenance. A note is placed in the maintenance book
Fire safety		
See fire safety policy in the fire safety and risk assessment folder		

Water management		
Contamination to drinking water leading to illness	All users	<ul style="list-style-type: none"> • Drink water taps clearly labelled and vice versa • Water from bore hole is filtered and passed through UV filters • Systems checked annually by an external company and suggestions are promptly actioned • Taps with hoses are protected against draw back of water from the hose into the system by specific one way valves • Annual testing by Cornwall council
Infection and illnesses from water in our quarries though normal activities	All users	<ul style="list-style-type: none"> • All quarry water is tested annually by external laboratories and the quarries are only used if the water quality is acceptable based on their results and recommendations. • All historic results have confirmed that the water quality is very good and there is minimum risk of infection
Safeguarding		
See child and vulnerable adult protection policy		
Emergencies (absconding, missing persons)		
See section 3 in the NOP (this folder)		
Gas management		
See COSHH information		
First aid		
Groups becoming injured outside of BF normal operating hours resulting in injuries worsening	Campers	<ul style="list-style-type: none"> • Groups are to provide their own first aid equipment and first aiders appropriate to their stay at BFA • BF staff are present during normal residential visits between 2200 and 0800 who are able to assist in an emergency