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Disclaimer.

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1.1 APPLICATION

This Safety Statement has been developed to assist ABC Company comply with relevant H&S standards and to ensure that clients are fully aware of ABC Company's commitment to high standards in H&S.

1.2 OBJECTIVES OF THE SAFETY STATEMENT

To provide a reference for the policies and procedures used in house and on any external activities. It is also used to assess and audit the levels of health and safety being achieved.

To provide evidence that the policies and procedures to ensure health and safety objectives are met and have been thought out and documented in order to help those who must execute them.

To provide a control document to record the pertinent changes to the Company Safety Statement, which become necessary due to the changing business environment.

To help identify training requirements that needs to be fulfilled in order to generate suitably qualified personnel to carry out the policies and procedures contained within the document.

To provide assurance that compliance with legal requirements for health and safety are being met or exceeded.

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1.3 COMPANY SAFETY STATEMENT

An Adventure Centre by its nature involves people taking part in sports that could be hazardous. In order to minimise the risk to participants and instructors alike, we will put reasonably practicable controls in place for each activity we offer.

It is this Company's intention that its work will be carried out in accordance with the relevant statutory provisions of the Safety, Health & Welfare at Work Act 2005, the Safety, Health & Welfare at Work (General Application) Regulations 2007, Working at Height Regulations, Electricity Regulations, the Construction Regulations and any other applicable regulations from those implemented in 2007. All reasonable practicable measures will be taken to minimise risk to employees or others who may be affected by company activities.

Manager 2 has appointed Manager 1 as having responsibility for managing Health, Safety & Welfare. Reference should be made to Manager 1, in the event of any difficulty arising in the implementation of this policy. Manager 2 will have ultimate responsibility for ensuring that the provisions of this Safety Statement are implemented.

The Success of the policy will depend on the co-operation of all employees. It is therefore important that you acquaint yourself with all areas of the Safety Statement. You should ensure that you understand your role and the overall arrangements for Health & Safety within the Company and within your individual area. You should also be aware that you have an obligation to take care of your own safety and that of others that might be affected by your actions.

Signed: _____
Manager 2

Date: _____

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2.2 Manager 2 (Assisted by Manager 1 as required)

- ❑ Manager 1 will be responsible for implementation of the procedures within the Safety Statement.
- ❑ He bears the ultimate responsibility for ensuring that staff are given correct information and training for them to do their job effectively.
- ❑ He is also responsible for ensuring that staff reporting to him are supported in enabling them to reach the correct decisions in respect of health and safety matters.
- ❑ Supervise the Company Health and Safety programme.
- ❑ Review all safety rules bi-annually and, when necessary, recommend suitable changes.
- ❑ Investigate all major accidents and damage to Company property and recommend action.
- ❑ Ensure that accident records are maintained.
- ❑ Ensure that records of hazards/near miss reports are maintained.
- ❑ Ensure that the systems for ensuring that fire precautions are adequate.
- ❑ The Health, Safety, and Welfare of all employees are not compromised when all other performance standards are set.
- ❑ That adequate funding is reserved to meet regulatory needs of safety and health.
- ❑ That management will lead by example in adhering to stated policies to achieve the Company's aim to reduce accidents and health exposures.

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2.5 All Employees

- ❑ All Employees are to co-operate with management in the wearing of the correct safety equipment, using the appropriate safety devices and following proper safe systems of work.
- ❑ All Employees are to co-operate in the investigation of accidents and the reporting of them and also the reporting to their supervisors of any local hazards of which they become aware.
- ❑ All Employees will be encouraged to promote ideas on the improvements of health and safety standards and also provide suitable suggestions for reduction in risks.
- ❑ All Employees are forbidden to interfere with or misuse any specified items of safety equipment or any safety device.
- ❑ All Employees are required to take care of their own health and safety and they should not indulge in horseplay, wilful unsafe acts or carry out or play practical jokes on other employees.
- ❑ Employees found guilty of wilful unsafe acts may be liable to summary dismissal.
- ❑ Employees are advised that strict requirements under the Health and Safety at Work Act can be used by the enforcing authorities against such persons if found guilty of reckless behaviour.
- ❑ All employees must clean up their working area or assist in tidying up thereof and also to help maintain clear passageways and maintain high standards of local housekeeping and hygiene.
- ❑ Do not smoke in designated "No Smoking" areas and dispose of spent matches, cigarette ends etc. properly.
- ❑ Know the location of the First Aid Box.
- ❑ Ensure that you know the procedure in the event of a fire.
- ❑ Report any accident or damage, however minor, to management.

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2.6 CONTRACTORS (Electricians, plumbers, riggers, etc.).

The following responsibilities are allocated to contractors to whom ABC Company assigns work on their behalf:

- All contractors must submit their Safety Policies and Insurances to ABC Company for approval prior to being awarded any works.
- All Contractors will be expected to prepare a Method Statement appropriate to the works they will be engaged in.
- Where Appropriate no contractor may be allowed to commence work prior to being issued a Permit to Work.
- All contractors will be expected to comply with the ABC Company Policy for Health, Safety and Welfare and must ensure that their own Company's policy is made available to the ABC Company while the work is being carried out.
- All work must be carried out in accordance with relevant statutory provisions, the Company's Contractor's Rules and taking into account the safety of others on the premises.
- All staff sent to work at a our premises by a contractor must have received appropriate health and safety training from their employer. They must also have access to relevant Risk Assessments and method statements as necessary.
- Scaffolding and other access equipment used by contractors' employees must be erected and maintained in accordance with Regulations and Codes of Practice.
- All plant and equipment brought onto site by contractors must be safe and in good working order, fitted with any necessary guards and safety devices and with any necessary certificates available for checking.
- No power tools or electrical equipment of greater voltage than 110 volts should be brought onto site. All transformers, generators, extension leads, plugs, and sockets must be suitable for industrial use and in good condition. If it is necessary to use equipment operating from a 240-volt supply, a residual current device with a rated tripping current of 30 mA and operating 30-m secs must be used.

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3.5 SAFETY REPRESENTATION

In agreement with the 2005 Act the employees may select and appoint a person, to be called a Safety Representative, from their numbers at their place of work to represent them in consultations with ABC Company.

However, at the moment, it has not been necessary to elect a Safety Representative. As the company grows it is accepted that this position may change.

The rights of the Safety Representative include:

1. Information from the employer as necessary and particularly from the Safety Statement, to ensure the Safety Health and Welfare of employees.
2. To be informed by the employer of a visit by the H.S.A. Inspector.
3. Investigate accidents and dangerous occurrences provided it does not interfere with the performance of any statutory obligation required to be performed by any person.
4. Make representations to and receive advice from the H.S.A.
5. Carry out inspections and investigate hazards and complaints subject to agreement.
6. Accompany a H.S.A. Inspector on any visit except when this is for accident investigation.
7. Time off as may be reasonable to act as Safety Representative or to acquire the knowledge to carry out that function.

ABC Company will facilitate the Safety Representative in carrying out their functions as defined in the Act and as outlined above.

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3.6 FIRST AID

CONTROL MEASURES

The first aid box should be suitably marked and easily accessible.

The exact location of the First Aid box must be known by all employees and a specific notice, identifying its whereabouts, must be posted to include names of qualified First Aiders.

It is the company's policy that First Aiders shall be appointed who have certificates of qualifications in Occupational First Aid to ensure adequate cover for all activities.

The first aid boxes are suitably marked and easily accessible. The location is follows;

- ❑ **General office**
- ❑ **At apparatus and Ranges**
- ❑ The First Aid Boxes is inspected on a weekly basis by Manager 1. This check and replenishment is recorded and kept on file.
- ❑ It should be noted that First Aiders are not empowered to dispense analgesics, pills, or medications. Supplies of such items will not be in first aid boxes. Individual employees who believe they might have a need of these items must be responsible for their own supplies.

First aiders

Instructors		

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3.11 SMOKING POLICY

The Public Health (Tobacco) (Amendment) Act 2004 became law on Monday 29th March 2004. This means that smoking will not be permitted in any enclosed workplace.

In order to comply with the above legislation and for other Safety and Health reasons, it is the policy of ABC Company that all of our work areas are smoke free. The Organisation recognises that all employees have a right to work in a smoke free environment. All staff have a legal obligation to comply with the legislation. Smoking is prohibited throughout the workplace with no exceptions. This policy applies to all employees, trainees, consultants, contractors, customers and visitors who enter the premises of ABC Company.

IMPLEMENTATION

The overall responsibility for the implementation of this policy rests with the occupier, manager or other person designated, for the time being, in charge of the workplace. All staff have an obligation to adhere to, and facilitate the implementation of this policy.

Manager 1 is the designated person and shall inform all existing employees, trainees, consultants and contractors of the policy and their role in its implementation. All new and prospective employees, consultants and contractors shall be given a copy of the policy on hiring, recruitment/induction by the person in charge.

INFRINGEMENTS

Infringements of the No Smoking policy will be dealt with, in the first instance, under employee disciplinary procedures. Employees, trainees, consultants, contractors, customers and visitors who contravene the law prohibiting smoking in the workplace are also liable to prosecution.

SMOKING CESSATION

Information on how to obtain help quitting smoking is available from the National Smokers Quitline on callsave 1850 201203 or the Health Promotion Department of local Health Boards.

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3.12 DRUGS AND ALCOHOL POLICY STATEMENT

ABC Company recognises that alcohol, drugs, or other substance abuse by individuals can have an adverse effect on their ability to perform work and consequently put themselves, the Company and others at significant risk.

All Employees, Contractors, Sub - Contractors and Visitors must be able to perform their duties whilst on company business, or when they are in Company premises/ work areas in such a manner that will not affect their safety or the safety of others by acts or omissions.

If the Company has reasonable grounds to suspect that an Employee or Contractor or Sub Contractor is under the influence of alcohol or drugs (illegal or misused legal substances), disciplinary action will be taken which may lead to dismissal of the individual concerned.

The possession, distribution or sale of drugs or any associated materials whilst you are on company property, company owned vehicles or other off site locations, will lead to disciplinary action being taken.

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4.2 FIRE

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

A Fire Safety Programme shall be developed when appropriate by management to:

- (a) Guard against an outbreak of fire
- (b) Ensure as far as is reasonably practicable the safety of persons (including members of the public) on the premises in the event of an outbreak of fire.

The Fire Safety Programme shall incorporate arrangements for:

- (a) The prevention of an outbreak of fire through the establishment of day to day fire prevention practices.
- (b) The instruction and training of staff to familiarise them with fire and emergency evacuation procedures, fire call points and use of fire fighting equipment.
- (c) Taking part in fire and evacuation drills.
- (d) The provision and maintenance of escape routes, free from obstruction and all exits unlocked and operational.
- (e) The provision of adequate fire protection equipment and systems.
- (f) The inspection and maintenance of the fire protection equipment systems.
- (g) The provision of assistance to the fire authorities.
- (h) The maintenance of good housekeeping practice to ensure the removal of all combustible rubbish.
- (i) The testing and maintenance of portable heating appliances, and ensuring that all electrical equipment is switched off and unplugged when not in use.

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4.3 ACCESS AND EGRESS

HAZARDS

ABC Company staff will adhere to all rules regarding access and egress on the premises. However, set out below are the general arrangements for the company.

Inadequate access and egress facilities can result in:

- Restriction of an orderly evacuation of the premises
- Trips and falls
- Obstruction of emergency exits

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

Safe walkways shall be maintained from entrances to working areas, this will include directional signs.

Pedestrians shall be segregated from vehicles wherever possible.

All doors and access points shall be kept clear and maintained.

All passageways shall be kept clear of obstruction.

All floor covering and surfaces shall be kept clean and in good condition.

Adequate lighting shall be provided at all entry, exit points and along corridor and passageways.

Waste shall be removed regularly and systematically stored in a secure place until collected for disposal.

It is vital that all fire escape routes are not obstructed at any time.

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4.6 ELECTRICITY

HAZARDS

- Electric Shock
- Fire
- Trips or falls from loose cables

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

To ensure that all electrical equipment used by the company is in safe condition.

CONTROL MEASURES

1. ABC Company will ensure that the wiring installation on the premises is checked on a scheduled basis by a competent qualified electrician. The inspection should provide a report on the condition of the installation with particular reference to fire safety.
2. Dangerous or defective cabling should be replaced or remedied in accordance with the E.T.C.I.'s rules. It is important that all extensions, alterations and repairs to electrical circuits are carried out in a proper manner in accordance with E.T.C.I.'s rules.

Any person carrying out any work on the electrical installation or any accessories or equipment connected thereto should normally isolate the equipment first by removing the main fuse or locking off the isolator. Live working will not be expected although if there is a chance of inadvertent contact with live parts, then special precautions will be taken by authorised electricians, e.g. the use of insulated test prods, insulating rubber mats and other back-up precautions. In such circumstances a second person must be in attendance to render emergency assistance if required.

If in doubt, the circuit must be tested using safe equipment to prove that it is dead.

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4.9 HAZARDOUS SUBSTANCES

HAZARDS

Health hazards from substances can be divided into the following categories:

- ☐ External contact - corrosive, skin absorption, dermatitis.
- ☐ Inhalation - gases, fumes, vapours.
- ☐ Ingestion - swallowing.

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

SUPERVISION WHEN NECESSARY

- ☐ The Workplace Supervisor will ensure that:
- ☐ All substances are listed in a safety file.
- ☐ All substances have an up to date Material Safety Data Sheet (MSDS) on file.
- ☐ The control measures listed in the MSDS are followed.
- ☐ A written assessment, control measures and other information are on site.
- ☐ All substances are stored in an appropriate unit that is fire retardant and can contain spillages.
- ☐ Procedures planned to handle or use any hazardous substance or process are carried out fully.
- ☐ Any, equipment, hygiene measures or protective clothing are provided and maintained as required.
- ☐ Any necessary air sampling, medical examinations, testing, etc. will be carried out as required and records will be kept on the premises.

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4.10 General Adventure Centre work

HAZARDS

- Multi hazard

RISK ASSESSMENT: As per individual assessments

To ensure that the activities of staff does not create a hazard.

CONTROL MEASURES

- All employees will be fully qualified in their areas of expertise.
- Copies of the qualifications will be kept on file.
- All employees will be members of the governing body for the sport as appropriate.
- Areas of exclusion will be set up to ensure no accidents may happen to third parties.
- Housekeeping practices will ensure that all areas are kept clean during the working day and the area will be left clear at the end of the working day.
- Where it is necessary to leave anything unfinished at the end of a working day, relevant signage and/or barriers will be put in place.
- Work areas will be kept clean and tidy at all times.
- Work areas will be subject to the H&S inspections.
- Personal Protective Equipment will be provided based on the hazards associated with the particular activity.

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4.13 Tractors

Hazards

- Overturning causing entrapment beneath the tractor
- Persons being run over/struck by tractor
- Loose clothing catching in drive shaft
- Jumping from a tractor while still in motion.
- Excess speeding in confined areas.
- Unauthorised/Inexperienced personnel having access to tractors and associated machinery

Person at risk:

Employees / Sub-Contractors / Visitors / Others

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

- Only certified staff who also hold a valid driving license will be allowed to drive tractors.
- All tractors will have roll over protection.
- All PTO shafts shall be guarded.
- All tractors shall be subject to planned maintenance
- No passengers shall be carried on the tractor

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4.14 Livestock – horses

Hazards

- Crush
- Being thrown
- Unpredictable horses

Person at risk:

Employees / Sub-Contractors / Visitors / Others

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

- All participants will be under the care of a qualified instructor.
- Relevant safety clothing/equipment will be provided to any participant who does not have their own.
- Instructor will have a walkie talkie or other means of emergency communication.
- Instructor will always take account of the prevailing weather conditions and make appropriate changes as needed.

General controls for working with horses

- Always wear safe clothing and use equipment that is in good repair. Always wear boots to protect your feet should you get stepped on when you are working near horses.
- Wear pants to protect your legs, especially while riding. Your clothing should be well fitted so that it does not catch on anything.
- Never run, make sudden movements or sudden loud noises around horses. Some horses will become startled from sudden actions or noises and a startled horse is more likely to cause injury to you than a calm one.
- Never approach a horse directly from the front or rear. Always approach the horse by his shoulder or to the side.
- Never stand directly in front or directly behind a horse, even when you are brushing his tail or forelock, because he may not be able to see you well.
- Whenever you are near a horse, always make sure he knows where you are by speaking to him or keeping a hand on his body as you move around him.
- When you walk around a horse, either walk far enough away that you are not in his kicking range (at least 12 ft.), or so close that you cannot receive a full blow should he kick.

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4.15 General Health Hazards

Hazards

- Weils
- Lyme
- Etc.

Person at risk:
All outdoor staff

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

General Advice:

Weil's disease (Leptospirosis)

Water in ditches, slow moving rivers and ponds may contain rat urine capable of causing this life-threatening disease. Infection arises through cuts, abrasions and through the eyes and the lining of the nose and mouth. Always wash your hands before eating, drinking or smoking. Cover cuts and broken skin with waterproof plasters. If you are working with parts of your body immersed in water wear waterproof protective clothing. Never touch dead rodents with bare hands.

Weil's disease starts as a feverish illness with a high temperature and headache. At this stage it can easily be controlled with antibiotics, so contact your GP straight away. Carry a leptospirosis medical contact card to alert others to the possible nature of your illness.

Lyme disease

This disease is spread by bites from infected ticks. The earliest sign may be a faint ring-shaped rash. Often you may not notice this and only become aware of the illness when you start to experience intermittent flu-like symptoms. At this stage the infection responds well to antibiotics but if left untreated may result in serious illness. The best defence is to keep your skin covered – especially your legs. Check your skin and clothing frequently. Carefully remove any ticks and place a small dressing over the bite. The sooner the ticks are removed the less likely you will be infected.

If you are worried about possible infection contact your GP.

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4.16 Archery

Hazards

- Physical injury
- Weather
- Horseplay

Person at risk:
Instructor and participants

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

- All participants will be under the care of a qualified instructor.
- Relevant safety clothing/equipment will be provided to any participant who does not have their own.
- Instructor will have a walkie talkie or other means of emergency communication.
- Instructor will always take account of the prevailing weather conditions and make appropriate changes as needed.

General Archery Controls

- Archery range will be cordoned off.
- NEVER point a bow and arrow at another person.
- NEVER shoot an arrow straight up into the air. You can end up hitting another person or yourself.
- NEVER shoot an arrow off into the distance where you cannot see where it will land.
- Targets should be set up to insure that no one can be accidentally hit by a stray arrow. Allow at least 20 yards behind the targets and a 30 degree 'cone of safety' on each side of the shooting lane. Try to place targets against a hill or rising terrain as a safety measure.
- If you are looking for a lost arrow behind a target, always leave your bow leaning against the target face so that it will be seen by other archers coming up. If possible, have one archer from your group stand in front of the target to prevent anyone from shooting.
- On Field Archery or 3-D courses, be sure to stay on the marked path and travel only in the direction in which the targets are laid out while shooting is in progress. Going backwards on the trail or across an unmarked area could place you in the path of a flying arrow, resulting in serious injury.

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4.17 Air Rifles and Paint Balls

Hazards

- Serious injury
- Horseplay
- Weather

Person at risk:
Instructor and Participants

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

- All participants will be under the care of a qualified instructor.
- Relevant safety clothing/equipment will be provided to any participant who does not have their own.
- Instructor will have a walkie talkie or other means of emergency communication.
- Instructor will always take account of the prevailing weather conditions and make appropriate changes as needed.
- Air Rifle Range will be cordoned off.

General Air Rifle and Paint Ball safety rules

- Remember always to wear the appropriate eye protection at all times when handling your airgun or paintball guns.
- Always keep the airgun pointed in a safe direction, NEVER point any weapon loaded or unloaded, at any person or anything you do not intend to shoot.
- Always keep you airgun unloaded until ready to fire and make sure that it is unloaded before cleaning.
- Keep your finger off the trigger until you are actually aiming at the target and ready to shoot.
- Never rely on an airgun's "safety" to protect you from unsafe handling. A safety is a mechanical device, not a substitute for common sense and good safety procedures.
- Never leave a airgun unattended or where it could fall and fire.
- If an airgun is hit sharply or dropped, damage to the internal precision mechanism may result in an accidental firing.
- Store airgun or paintball guns and pellets separately. Make sure the airgun and pellets are locked and secured so untrained individuals will be denied access.
- Know your target and what is beyond. Ask yourself what your pellet will hit if it misses.

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4.18 Survival training

By its nature this activity can be hazardous. The controls below are general guidelines and the qualified instructors will adjust the activity based on the skill level, health, fitness, etc. of the participants.

Hazards

- Physical injury
- Weather
- Food poisoning
- Exposure

Person at risk:
Instructors and participants

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

- All participants will be under the care of a qualified instructor.
- The instructor will take the ability of the group into consideration and will set the task based on experience and the average ability.
- When necessary groups will be divided if it is apparent that the skill, fitness or health levels of the participants are grossly disproportionate.
- The instructor will always provide the base office with a full itinerary and location map in case of emergency.
- The instructor will draw up an emergency plan in advance of the activity as relevant to the situation being planned.
- All survival situations will be controlled.
- Relevant safety clothing/equipment will be provided to any participant who does not have their own.
- Instructor will have a walkie talkie or other means of emergency communication.
- Instructor will always take account of the prevailing weather conditions and make appropriate changes as needed.

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4.19 Hill Walking, River Studies, Ecology, Team Building, Orienteering, etc.

By their nature these activities are low risk and the same general controls can be followed for many outdoor activities.

Hazards

- Weather
- Terrain

Person at risk:
All outdoor staff

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

- All participants will be under the care of a qualified instructor.
- Relevant safety clothing/equipment will be provided to any participant who does not have their own.
- Instructor will have a walkie talkie or other means of emergency communication.
- Instructor will always take account of the prevailing weather conditions and make appropriate changes as needed.
- Instructor will provide an itinerary, map and emergency plan to the base office.

The Group leader (instructor) is responsible overall for the group at all times. In delegating supervisory roles to other members of staff in the group, if possible it is good practice for the group leader to:

- Allocate supervisory responsibility to each adult for named participants.
- Ensure that each staff member knows which participants they are responsible for.

It is good practice for each supervisor to:

- Have a reasonable prior knowledge of the participants including any special needs, medical needs or disabilities.
- Carry a list/register of all group members.
- Regularly check that the entire group is present.
- Have a clear plan of the activity to be undertaken and its objectives.
- Have the means to contact the group leader/other supervisors if needing help.

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4.20 Mountain Biking

Hazards

- Equipment
- Terrain
- Weather

Person at risk:
Instructors and participants

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

- All participants will be under the care of a qualified instructor.
- Relevant safety clothing/equipment will be provided to any participant who does not have their own.
- Instructor will have a walkie talkie or other means of emergency communication.
- Instructor will always take account of the prevailing weather conditions and make appropriate changes as needed.
- Instructor to check all equipment before use.
- All bikes subject to maintenance by ABC Company.
- Instructor will be familiar with the trail to be followed and will be aware of any particular difficult terrain.
- Instructor will provide an itinerary and plan to the base office before starting.
- All built obstructions, jumps, forest ramps, etc. will be inspected on a periodic basis for stability.

General Mountain Biking Safety

- Gear - Always make sure that you wear a helmet and other necessary safety gear for the conditions that you plan to ride in.
- Never ride beyond your control - There is never any shame in walking the areas of the trail that you don't feel comfortable in riding.
- Keep your speed under control - Always make sure you keep your speed at a level where you can quickly adjust to any obstacles or change in the trail.
- Knowing your trail - You should never push the limits on trails that you aren't familiar with. You should take trails you aren't familiar with at slow speeds until you learn them better.

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4.21 Rope courses

Hazards

- Equipment failure
- Falls
- Weather

Person at risk:

Instructors and participants

RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Score =	Score =	Result =

CONTROL MEASURES

- All participants will be under the care of a qualified instructor.
- Relevant safety clothing/equipment will be provided to any participant who does not have their own.
- Instructor will have a walkie talkie or other means of emergency communication.
- Instructor will always take account of the prevailing weather conditions and make appropriate changes as needed.
- All rigging and rope work will receive a visual inspection before use and a thorough inspection on a weekly basis.
- All rigging and rope work will be fully inspected after any severe weather.
- Belay and safety systems as per the design of the course will be used as per the manufacturer's instructions.
- The instructor will lead the participants through a series of warm ups and trust exercises before beginning the course.
- Before participants climb, the instructor will request a leader check: harness, carabiner, knot, belay device, and helmet all properly secured. Before participants descend the on the "zip line" or before rappelling, the rope course leader checks the safety system and confirms that the area is clear.
- All instructors are subject to ongoing review and assessment.

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