



Risk Management Plan for: Confidence course

Risk Detail	Likely injury/illness	Class of Risk	Risk Control Methods
Falling and/or slipping	Bruising and/or breaks, Cuts, concussion, abrasions and strains	3	Wear appropriate clothing/footwear.
Hitting objects/being hit by objects	Cuts, concussion, abrasions and strains	3	Remove unwanted objects. Be alert at all times to avoid hazards.
Asthma and respiratory problems	Loss of breath	3	Ensure you have your medication with you and be aware of your own fitness levels.
Sunstroke/Sunburn	Headache, fainting and/or pain on burn area.	3	Wear appropriate sun care products when on the trampoline.

Preparation:

Cargo net and crawl net will be set up by Keswick staff.

Collect posts and remaining equipment from your host to set up the course to your liking.

Key Supervision Rules:

- One supervisor to supervise each obstacle.
- Ensure all obstacles are clear of any hazards.
- Check all equipment is set up in a safe manner to minimise injury.

Key Safety Points:

- One person climbing the cargo net at a time.
- Allow reasonable distance between people climbing under the net obstacle.
- Ensure good footwear with grip on the sole are used when taking part in this course.
- Do not push people on this course.

Pointers:

- Take your time doing the activities as they are there for confidence builders.
- Ensure you are quiet during activity briefing so you understand what is expected.