

# Risk Assessment Form – Big Cat Strider

Name of Assessor: Steve Styans	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Boat Park	Operating Procedure Reference No: Page 53, Part 1
Briefly describe what is being assessed: Big Cat Sailing Activity		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:			Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R	L	C	R	L	C	R		
Deep water	Group & staff	Drowning	Staff sign-outs, training, appropriate ratios, & PPE.	1	5	5				1	5	5	Steve Styans	Annually
Jetties & Boarding	All visitors & staff	Cuts, Bruises & drowning	Gates & Signs Group briefing Maintenance of jetties PPE Staff assist & control	1	2	2				1	2	2	Steve Styans	Annually
Foot level Boat Parts & Trampoline	Group & staff	Cuts, bruises, and consciousness. Drowning	Maintenance & cleaning Group Brief PPE Suitable footwear	2	1	2				2	1	2	Steve Styans	Annually
Booms, Clew blocks & Kickers	Group & staff	Cuts, bruises, and consciousness.	Staff sign-outs, training, client briefs	1	1	2				2	1	2	Steve Styans	Annually
Exposure	Group & staff	Hypothermia & Hyperthermia.	Staff training, weather forecasting, base staff available, mobiles carried, & PPE	1	5	5				1	5	5	Steve Styans	Annually
Fast moving ropes	Group & staff	Rope burns.	Staff training, sailing in appropriate conditions. Group Brief.	2	1	2				2	1	2	Steve Styans	Annually

# Risk Assessment Form – Cathedral Quarry



Name of Assessor: Sarah Hooper	Last Review Date: 18/12/25	Peer Reviewer Name: Sarah Clague
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Cathedral Quarry	Operating Procedure Reference No: Page 32, 74-79 Part 2
Briefly describe what is being assessed: Exploration of main Cathedral Quarry 'Cavern' and smaller 'Tunnels'		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Unstable rocks	All staff and clients	Injury from falling rock	Centre Manager to monitor correspondence from Cathedral Quarry National Trust and inform staff prior to visit. Helmets to be worn by all staff and clients. Minimum time to be spent at high-risk areas such as entrances/exits to caves.	1	5	5		1	5	5		
Low ceilings	All staff and clients	Injury from bumping head	All staff and clients to wear helmets and be briefed prior to entering tunnels. They can be explored safely in the dark or with candles (see below) Torch must be carried by WP tutor as a backup.	2	2	4		2	2	4		
Deep water	All staff and clients	Drowning	All clients briefed about the deep pool and walking around the edge to be managed by tutor.	1	5	5		1	5	5		
Naked flames	All staff and clients	Burnt from naked flame of candle	WP staff to use candles only if deemed to be appropriate for nature of the group. Only WP staff to light candles. Group briefed appropriately.	2	2	4		2	2	4		
Exposure	All staff and clients	Hyperthermia & Hypothermia	All staff and clients to be dressed appropriately for the weather conditions prior to leaving centre. Spare kit to be carried by clients appropriate to weather. WP tutor to take appropriate emergency equipment to include group shelter.	1	5	5		1	5	5		

Rock steps/uneven surfaces	All staff and clients	Slips and falls	Rock step between Cavern and Tunnels only to be undertaken if WP tutor believes appropriate for the nature of the group. Clients should be spotted appropriately and be wearing appropriate footwear.	2	3	6		2	3	6		
Unfenced cliff edges	All staff and clients	Falls from large heights	All exposed, unfenced and vegetation covered steep sided quarry cliff edges. Clients to be made aware of these in the briefing and their movements near these areas to be controlled by Water Park staff. Careful consideration of route chosen regarding the clients.	1	5	5		1	5	5		

# Risk Assessment Form - Driving

Name of Assessor: Rachael Dobson	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Water Park	Operating Procedure Reference No:
Briefly describe what is being assessed: Driving		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Vehicle roadworthiness	All staff and clients	Fatally	Weekly safety checks, 12 week servicing, 5 yearly replacement, staff training	1	5	5		1	5	5	Head of Centre	Annually
Other road users	All staff and clients	Fatally	Staff training, qualifications	1	5	5		1	5	5	Head of Centre	Annually
Weather conditions	All staff and clients	Fatally	Staff meeting, weather forecasting	1	5	5		1	5	5	Head of Centre	Annually
Driver medical conditions	All staff and clients	Fatally	Follow DVLA regulations, vision checks	1	5	5		1	5	5	Head of Centre	Annually
Use of mobile phones	All staff and clients	Fatally	No use of mobiles when driving	1	5	5		1	5	5	Head of Centre	Annually
Driver tiredness	All staff and clients	Fatally	Maximum of 4 hours per day	1	5	5		1	5	5	Head of Centre	Annually

# Risk Assessment Form – Evening Activities



Name of Assessor: Sarah Hooper	Last Review Date: 18/12/25	Peer Reviewer Name: Ian Hinkins
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Water Park	Operating Procedure Reference No: Page 25, Part 1
Briefly describe what is being assessed: Evening Activities		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Deep water	All Staff & Students	Drowning	Staff Training, group brief, lighting.	1	5	5		1	5	5	Sarah Hooper	Annually
Movement around grounds	All Staff & Students	Slips & trips, cuts falls and bruises	Group brief, appropriate footwear	3	2	6		3	2	6	Sarah Hooper	Annually
Getting lost	All Staff & Students	General wellbeing & confidence/ hyperthermia	Group brief, re-call signal.	1	5	5		1	5	5	Sarah Hooper	Annually
Adverse weather	All Staff & Students	Cold, hyperthermia, risk of falling debris from trees	Weather forecast, staff training, group brief	1	5	5		1	5	5	Sarah Hooper	Annually
Hours of darkness	All Staff & Students	Cold, hyperthermia	Staff training, group brief, correct PPE	1	5	5		1	5	5	Sarah Hooper	Annually

# Risk Assessment Form – Ghyll Scrambling



Name of Assessor: Rachael Dobson	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Water Park	Operating Procedure Reference No: Page 41, Part 1
Briefly describe what is being assessed: Ghyll Scrambling		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Water levels (flow and rising levels)	All Visitors and staff	Drowning	Weather forecasting, Staff training, PPE.	1	5	5		1	5	5	Head of Centre	Annually
Exposure	All Visitors and staff	Hyperthermia & Hypothermia	Weather forecasting, Staff training, PPE, emergency equipment carried, phone, contactable staff at base.	1	5	5		1	5	5	Head of Centre	Annually
Rock falls	All Visitors and staff	Bruising, Cuts, Fractures, & Breaks.	Staff training, PPE, & monitoring of known high-risk areas.	1	3	3		1	3	3	Head of Centre	Annually
Slipping/tripping	All Visitors and staff	Fractures, Muscular and soft tissue damage	Staff training, Appropriate footwear, briefing to group.	3	2	6		3	2	6	Head of Centre	Annually
Supporting/spotting	All Visitors and staff	Muscular and soft tissue damage	Staff training, Manual handling training.	2	2	4		2	2	4	Head of Centre	Annually
Steep access and egress points	All visitors and staff	Falling	Staff training.	1	4	4		1	4	4	Head of Centre	Annually
Dam release	All visitors and staff	Drowning	Staff training, User group member.	1	5	5		1	5	5	Head of Centre	Annually

# Risk Assessment Form – Rock Climbing & Abseils



WATER PARK  
LAKELAND ADVENTURE CENTRE  
CONISTON WATER

Name of Assessor: C West	Last Review Date: 18/12/25	Peer Reviewer Name: G Dobson
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Water Park	Operating Procedure Ref No: Pages 27-30, Part 1
Briefly describe what is being assessed: High Ropes		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Injury from ill fitting equipment	All Staff & Students	Slips, Trips & Falls, Cuts, bruises	WP staff to select appropriate sized equipment for clients and monitor fit throughout activity.	2	2	4		1	1	1	G.Dobson	Annually
Equipment failure	All Staff & Students	Minor injury/ Major Injury	Pre use check by Instructor & PPE Inspections. CW carries out thorough PPE inspections every 6months.	2	4	8		1	1	1	G.Dobson	Annually
Injury from falling objects	All Staff & Students & Third Parties	Cuts, bruises, head injury	WP staff visual pre use check of element. Clearly defined boundaries at the base of any element. Use of correct PPE	2	2	4		2	2	4	G.Dobson	Annually
Adverse weather	All Staff & Students	Cold, Hypothermia,	WP to decide if prevailing weather conditions are suitable &	2	4	8		1	1	1	G. Dobson	Annually

			Adjust session and activity if required. Group safety kit.										
Zoonoses	All Staff & Students	Biological risks. Ticks etc	See Zoonose's control measures sheet. Good general hygiene (hand washing after session)	1	1	1			1	1	1	G.Dobson	Annually
Rope Burns	All Staff & Students	Abrasive burns/light cuts	Clear briefing and instruction on techniques if clients handling ropes. i.e belaying. WP staff to monitor and adjust accordingly	2	2	4			2	1	2	G.Dobson	Annually
Instructor falling from Height	Instructor & Students/ Staff	Major Injury/Death	Instructor to use a Industry recognized method of attachment and avoid soloing.	1	5	1			1	5	5	G.Dobson	Annually
Entanglement / Entrapment	All Students & Staff	Minor cuts, Bruises, possible minor breaks	Equipment inspected biannually. Staff training and client briefs.	2	2	4			2	2	4	G.Dobson	Annually
Other Users	All staff & Students	Minor Cuts, Bruises, bumps possible falling debris	WP staff assess whether it is safe or appropriate to continue the session at the same venue.	2	1	2			2	1	2	G.Dobson	Annually

# Risk Assessment Form – Humphrey Head Scramble



Name of Assessor: Rachael Dobson	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Humphrey Head	Operating Procedure Reference No: Page 30-31, Part 2
Briefly describe what is being assessed: Humphrey Head Scramble		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Slips/trips/falls	All staff and visitors	Cuts, bruises, and broken limbs.	Wear appropriate footwear and route choice	2	2	4		2	2	4	Head of Centre	Annually
Exposure	All staff and visitors	Hypothermia and Hyperthermia	Staff training, weather forecasting, mobiles carried, & PPE	1	5	5		1	5	5	Head of Centre	Annually
Tide and sands	All staff and visitors	Drowning, Emotionally,	Tide times, weather forecasting, dynamic risk assessment of current sand, carrying emergency kit, go on an outgoing tide or below a 8m tidal range	1	5	5		1	5	5	Head of Centre	Annually
Rock falls	All staff and visitors	Broken limbs,	Climbing helmets to be worn, dynamic risk assessments	1	3	3		1	3	3	Head of Centre	Annually

# Risk Assessment Form – Initiative Exercises



Name of Assessor: Sarah Hooper	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Water Park	Operating Procedure Reference No: Page 26, Part 1
Briefly describe what is being assessed: Initiative exercises (inc. platforms)		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Injury from use of apparatus	All Staff & Students	Strains, pulled muscles etc.	Clear briefing and warm up if appropriate. Suggest easy elements first.	1	2	2		1	2	2	Head of Centre	Annually
Injury from lifting	All Staff & Students	Strains, pulled muscles etc.	Tutor to choose elements suitable for nature of the group. Group to be clearly briefed on safe lifting and spotting techniques. Tutor and staff member to be closely involved where appropriate.	2	2	4		2	2	4	Head of Centre	Annually
Adverse weather	All Staff & Students	Cold, hyperthermia, risk of falling debris from trees	WP staff to choose suitable activity and location for weather conditions. Appropriate clothing for weather conditions.	1	5	5		1	5	5	Head of Centre	Annually

# Risk Assessment Form – Kayak Surfing

Name of Assessor: Steve Styans	Last Review Date: 18/12/25	Peer Reviewer Name: Ian Hinkins
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Earnsey Bay - Walney Island	Operating Procedure Reference No: Page 50, Part 1
Briefly describe what is being assessed: Kayak Surfing – Moderate Water		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:			Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R	L	C	R	L	C	R		
Deep water	Group & staff	Drowning	Staff Qualifications & training, appropriate ratios (free staff member) & PPE. Follow SOP Use of sit on kayaks. Check footwear and footrests for snagging	1	5	5				1	5	5	Head of Centre	Annually
Rocks & Beach	Group & staff	Cuts, bruises, and loss of consciousness.	Staff Qualifications & training. Client briefs. Previous experience? Helmets compulsory. Area knowledge-sandy bottom Group have practised including spraydeck capsize (sit ons available) Member of staff standing in water.	3	2	6				2	1	2	Head of Centre	Annually
Exposure	Group & staff	Hypothermia & Hyperthermia.	Staff training, weather forecasting, base staff available, mobiles carried, & PPE Follow SOP Coastguard aware	2	5	10				1	4	4	Head of Centre	Annually

			Short session and additional clothing available									
Manual handling/ Slips & trips	Group & staff	Muscular and soft tissue damage	Staff training and client briefs. Follow SOP Suitable warm ups and footwear. Plenty of time to load trailer prior to session.	2	4	8			1	4	4	Head of Centre

# Risk Assessment Form – Kelly Kettles



Name of Assessor: Sarah Hooper	Last Review Date: 18/12/25	Peer Reviewer Name: Alex Stothert
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Multiple locations	Operating Procedure Reference No: Pages 71 &72, Part 2
Briefly describe what is being assessed: Use of Kelly kettles		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:			Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R	L	C	R	L	C	R		
Boiling or very hot water	All staff & clients	Burns and scalds	All staff trained on use of Kelly kettles. Only used with appropriate groups. Used close to source of water. Gloves provided for use with KK	1	3	3				1	3	3	Head of Centre	Annually
Fire	All staff & clients	Burns	All staff trained on use of Kelly kettles. Only used with appropriate groups. Used close to source of water. Gloves provided for use with KK	1	3	3				1	3	3	Head of Centre	Annually
Contaminated Water used	All staff & clients	Illness	Take drinking tap water to use in bottles/containers.	1	1	1				1	1	1	Head of Centre	Annually

# Risk Assessment Form – Lake Swimming



Name of Assessor: Alex Stothert	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Water Park	Operating Procedure Reference No: Page 43, Part 1
Briefly describe what is being assessed: Lake Swimming		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Deep Water	All visitors and staff.	Drowning	Staff training, appropriate ratios, safety boats, PPE.	1	5	5		1	5	5	Head of Centre	Annually
Cold water	All visitors and staff.	Cold water shock leading to drowning.	Staff training, client briefs and PPE.	1	5	5		1	5	5	Head of Centre	Annually
Exposure	All visitors and staff	Hypothermia and Hyperthermia	Staff training, weather forecasting, mobiles carried, and PPE.	2	5	10		2	5	10	Head of Centre	Annually
Lake bed, rocks etc.	All visitors and staff	Cuts and bruises to lower limbs.	Staff training, client brief and PPE	1	2	2		1	2	2	Head of Centre	Annually
Blue Green Algae exposure	All visitors and staff	Skin/eye irritation, gastro intestinal symptoms. Respiratory problems.	Staff training and observation, client brief and appropriate location choice and PPE.	1	3	3		1	3	3	Head of Centre	Annually
Swimmers Itch	All visitors and staff	Skin irritation.	Staff training and observation and PPE.	1	1	1		1	1	1	Head of Centre	Annually

Jumping into lake (off jetties/rocks)	All visitors and staff	Impact injuries, bruises, ear perforations.	Staff training, client brief and PPE	1	2	2		1	2	2	Head of Centre	Annually
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# Risk Assessment Form – Low Ropes

Name of Assessor: Sarah Hooper	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: /Water Park	Operating Procedure Reference No: Page 26, Part 1
Briefly describe what is being assessed: Low ropes (inc. spiders web and team wall )		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:			Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R	L	C	R	L	C	R		
Fall from ropes course elements	All Staff & Students	Slips & trips, cuts falls and bruises	Clear briefing, helmet at tutor's discretion (in line with operating procedures) and appropriate footwear. Children to be spotted by tutor/teacher if appropriate for nature of the child. Children supervised by WP tutor at all times.	3	2	6				3	2	6	Head of Centre	Annually
Injury from use of apparatus	All Staff & Students	Strains, pulled muscles etc.	Clear briefing, warm up if appropriate. Suggest easy elements first.	2	2	4				2	2	4	Head of Centre	Annually
Injury from lifting	All Staff & Students	Strains, pulled muscles etc.	Tutor to choose elements suitable for nature of the group. Group to be clearly briefed on safe lifting and spotting techniques. Tutor and staff member to be closely involved where appropriate.	2	2	4				2	2	4	Head of Centre	Annually
Adverse weather	All Staff & Students	Cold, hyperthermia, risk of falling	WP staff to choose suitable activity and	1	5	5				1	5	5	Head of Centre	Annually

		debris from trees	location for weather conditions. Appropriate clothing for weather conditions.								
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# Risk Assessment Form – Night Walks



Name of Assessor: Ian Hinkins	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Water Park	Operating Procedure Reference No: Page 39, part 1
Briefly describe what is being assessed: Night walks		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Slips and trips	All staff and visitors	Cuts, bruises, and broken limbs.	Wear appropriate footwear and route choice. 1 Torch per pair.	2	2	4		2	2	4	Ian Hinkins	Annually
Loosing group members	Visitors	Emotionally.	Close group control.	1	1	1		3	1	3	Ian Hinkins	Annually
Exposure	All staff and visitors	Hypothermia and Hyperthermia	Staff training, weather forecasting, mobiles carried, & PPE	1	5	5		1	5	5	Ian Hinkins	Annually

# Risk Assessment Form – Grounds Orienteering

Name of Assessor: C West	Last Review Date: 18/12/25	Peer Reviewer Name: G Dobson
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Waterpark grounds	Operating Procedure Ref No: Page 33, Part 1
Briefly describe what is being assessed: In Grounds Orienteering		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Movement around Grounds	All Staff & Students	Slips, Trips & Falls, Cuts, bruises	Clear simple brief, appropriate clothing and footwear	2	2	4		2	2	4	Head of Centre	Annually
Deep Water	All Staff & Students	Drowning	Clear Briefing, Boundaries etc No markers placed near deep water. Deep water fenced off with clear signage	1	5	5		1	5	1	Head of Centre	Annually
Getting Lost	All Staff & Students	General confidence and well being	Clear briefing on boundaries and appropriate grouping of participants. WP tutor awareness of group ability to run session accordingly.	1	1	1		1	1	1	Head of Centre	Annually

Adverse weather	All Staff & Students	Cold, Hypothermia , risk of falling debris from trees	WP to decide if prevailing weather conditions are suitable & Adjust session if required. Trees within grounds undergo annual inspections to reduce/remove risk of large debris incidents during adverse weather conditions. Clear grounds policy applies	2	4	8	.		2	2	4	Head of Centre	Annually
Zoonoses	All Staff & Students	Biological risks	See Zoonoses control measures sheet. Good general hygiene (hand washing after session.	1	1	1			1	1	1	Head of Centre	Annually
Hours of Darkness	Staff & Students	The above	Appropriate clothing & equipment, clear briefing, Lighting around grounds, especially near deep water and steps/trip hazards.	2	2	4			2	2	4	Head of Centre	Annually

# Risk Assessment Form – Outdoor Fires



Name of Assessor: Steve Styán	Last Review Date: 18/12/25	Peer Reviewer Name: Ian Hinkins
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Lakeshore & Fire pit	Operating Procedure Reference No: Page 23, Part 1
Briefly describe what is being assessed: Outdoor Fire Lighting & Sessions		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:			Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R	L	C	R	L	C	R		
Sticks, Rocks Slips	Clients and staff	Injury/cuts while collecting and carrying	Group & Staff briefs.	1	2	2				1	2	2	Head of Centre	Annually
Hot Fire	Clients and staff Visitors	Burns	Group & Staff briefs. Small Numbers. Managed areas. Small fires & Extinguished fully.	1	3	3				1	3	3	Head of Centre	Annually
Fire Spreading	Environment & People	Burns	SOP Small fires, in rocky areas Aware of "conditions"	1	2	2				1	2	2	Head of Centre	Annually

# Risk Assessment Form - Powerboating



Name of Assessor: Ian Hinkins	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Boat Park	Operating Procedure Reference No: Page 60, Part 1
Briefly describe what is being assessed: Powerboating		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Deep and or fast-moving water	All visitors and staff	Drowning	Staff training and PPE.	1	5	5		1	5	5	Head of Centre	Annually
Collisions	All visitors, staff, and members of the public	Major trauma	Qualified helm in charge of the boat. Operating within IRPCS.	1	5	5		1	5	5	Head of Centre	Annually
Man Overboard	All visitors and staff	Drowning, major trauma	Staff training, client brief and wearing a kill cord.	1	5	5		1	5	5	Head of Centre	Annually
Exposure	All visitors & staff	Hypothermia & Hyperthermia.	Staff training, weather forecasting, base staff available, mobiles carried, & PPE	1	5	5		1	5	5	Head of Centre	Annually
Fast moving ropes	All visitors & staff	Rope burns	Staff training, Client briefs.	1	1	1		1	1	1	Head of Centre	Annually
Fire	All visitors, staff, and members of the public	Burns	Staff training, no smoking, approved fuel containers, regular boat maintenance & fire extinguishers.	1	5	5		1	5	5	Head of Centre	Annually
Winch handle	All visitors and staff	Broken limbs, cuts	Staff training and client briefs, regular maintenance.	2	2	4		2	2	4	Head of Centre	Annually
Slip ways	All visitors and staff	Broken limbs, cuts	Staff training and client briefs, regular maintenance.	1	3	3		1	3	3	Head of Centre	Annually
Boat entrapments	All visitors & staff	Drowning	Staff training, client briefs. Brief danger of self-inflating jacket under an upturned boat.	2	5	10		1	5	5	Head of Centre	Annually
Fuel	Water Park Staff	Eye contamination	Training. Eye protection goggles.	3	2	4		1	2	2	Head of Centre	Annually

# Risk Assessment Form – Raft Building

Name of Assessor: Rachael Dobson	Last Review Date: 18/12/25	Peer Reviewer Name: Ian Hinkins
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Water Park	Operating Procedure Reference No: Page 42, Part 1
Briefly describe what is being assessed: Improvised Raft Building		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Entrapment	All Visitors	Drowning.	Staff training, clients briefed, safety knives carried by instructors.	1	5	5		1	5	5	Head of Centre	Annually
Solid moving equipment	All visitors and staff	Muscular and soft tissue damage.	Staff training.	2	2	4		2	2	4	Head of Centre	Annually
Deep Water	All visitors and staff	Drowning.	Staff training, group ratios, on water safety cover, PPE.	1	5	5		1	5	5	Head of Centre	Annually
Exposure	All visitors and staff	Hypothermia and hyperthermia.	Staff training, weather forecasting, phone & spare equipment carried.	1	5	5		1	5	5	Head of Centre	Annually
Heavy equipment	All visitors and staff	Muscular and soft tissue damage.	Staff training and client briefing.	2	2	4		2	2	4	Head of Centre	Annually
Squashed fingers	All visitors and staff	Broken & bruised fingers.	Client briefing.	2	2	4		2	4	4	Head of Centre	Annually

# Risk Assessment Form – Rock Climbing & Abseils



WATER PARK  
LAKELAND ADVENTURE CENTRE  
CONISTON WATER

Name of Assessor: C West	Last Review Date: 18/12/25	Peer Reviewer Name: G Dobson
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Generic Site	Operating Procedure Ref No: Pages 20-30, Part 2
<b>Briefly describe what is being assessed:</b> Rock Climbing Generic including Blawith, Long Crag, Lindale Slabs, Lower Scout Crag, Torver Quarry, The Hoad.		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed ?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L   C   R				
Injury from ill fitting equipment	All Staff & Students	Slips, Trips & Falls, Cuts, bruises	WP staff to select appropriately sized equipment for clients and monitor fit throughout activity.	2	2	4		1	1	1	G.Dobson	Annually
Equipment failure	All Staff & Students	Minor injury/ Major Injury	Pre use check by Instructor & PPE Inspections. Thorough 6 monthly inspections carried out by CW	2	4	8		1	1	1	G.Dobson	Annually
Injury from falling objects	All Staff & Students & Third Parties	Cuts, bruises, head injury	WP staff visual pre use check of crag. Clearly defined boundaries at the base of any crag. Use of correct PPE	2	2	4		2	2	4	G.Dobson	Annually

Adverse weather	All Staff & Students	Cold, Hypothermia,	WP to decide if prevailing weather conditions are suitable & Adjust session if required or choose an alternative activity. Group safety kit i.e KISU	2	4	8			1	1	1	G. Dobson	Annually
Zoonoses	All Staff & Students	Biological risks. Ticks etc	See Zoonose's control measures sheet. Good general hygiene (hand washing after session)	1	1	1			1	1	1	G.Dobson	Annually
Rope Burns	All Staff & Students	Abrasive burns/light cuts	Clear briefing and instruction on techniques if clients are handling ropes. i.e belaying. WP staff to monitor and adjust accordingly.	2	2	4			2	1	2	G.Dobson	Annually
Bouldering	All Staff & Students	Minor Injury/ Major Injury	WP staff choice of location / Good spotting techniques. Group engagement monitored throughout.	3	1	3			3	1	3	G. Dobson	Annually
Lead Climbing	All Staff & Students	Major Injury/ death - Possible ground falls etc	WP staff to hold MIA/MIC and only with appropriate clients and appropriate venues.	4	4	16			4	4	16	G.Dobson	Annually
Slips trips & Minor Falls	All Staff & students	Light cuts bumps & Bruises	A range of climbing venues available to suit group's ability. Safe descents and approaches used. Use of trainee at the base if an appropriate group.	3	2	6			3	2	6	G.Dobson	Annually
Instructor falling from Height	Instructor & Students/ Staff	Major Injury/Death	Instructor to use a Industry recognized method of attachment and avoid soloing.	2	5	10			2	5	10	G.Dobson	Annually
Entanglement / Entrapment	All Students & Staff	Minor cuts, Bruises, possible minor breaks	Choice of appropriate venue and crag to suit groups ability and needs. WP staff to hold appropriate NGB or centre specific pass out	2	2	4			2	2	4	G.Dobson	Annually
Other Users	All staff & Students	Minor Cuts, Bruises, bumps possible falling debris	WP staff assess whether it is safe or appropriate to continue the session at the same venue.	2	1	2			2	1	2	G.Dobson	Annually

# Risk Assessment Form - Sailing



Name of Assessor: Garry Dobson	Last Review Date: 18/12/25	Peer Reviewer Name: Ian Hinkins
Activity Assessment <input checked="" type="checkbox"/> Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Boat Park	Operating Procedure Reference No: Page 51, Part 1
Briefly describe what is being assessed: Dinghy Sailing Activity		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Deep water	All visitors & staff	Drowning	Staff training, appropriate ratios, safety boats, & PPE.	1	5	5		1	5	5	Head of Centre	Annually
Booms, Clew blocks & Kickers	All visitors & staff	Cuts, bruises, and loss of consciousness.	Staff training, client briefs & helmets available.	3	1	3		3	1	3	Head of Centre	Annually
Finger entrapments	All visitors & staff	Fractures & cuts	Staff training & client briefs. Maintain parts to keep items from becoming sharp.	2	2	4		2	2	4	Head of Centre	Annually
Exposure	All visitors & staff	Hypothermia & Hyperthermia.	Staff training, weather forecasting, base staff available, mobiles carried, & PPE	1	5	5		1	5	5	Head of Centre	Annually
Boat entrapments	All visitors & staff	Drowning	Staff training, client briefs, mast head floats available. Include associate staff on training sessions.	1	5	5		1	5	5	Head of Centre	Annually
Fast moving ropes	All visitors & staff	Rope burns.	Staff training, sailing in appropriate conditions.	2	1	2		2	1	2	Head of Centre	Annually
Manual handling	All visitors & staff	Muscular and soft tissue damage	Staff training and client briefs.	1	4	4		1	4	4	Head of Centre	Annually

# Risk Assessment Form – Sea Kayaking



Name of Assessor: Steve Styans	Last Review Date: 18/12/25	Peer Reviewer Name: Ian Hinkins
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Piel Island – Walney	Operating Procedure Reference No: Page 49, Part 1
Briefly describe what is being assessed: Sea Kayaking – Moderate Water		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	existing control measures:	Risk Rating: L C R			Additional controls:			Residual Risk: L C R			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R	L	C	R	L	C	R		
Deep water	Group & staff	Drowning	Staff Qualifications & training, appropriate ratios, & PPE. Follow SOP. Check footrest and footwear for snagging.	1	5	5				1	5	5	Steve Styans	Annually
Rocks when kayaking.	Group & staff	Cuts, bruises, and loss of consciousness.	Staff training, client briefs & helmets available. Previous experience and appropriate route selection.	2	1	3				1	1	1	Steve Styans	Annually
Exposure	Group & staff	Hypothermia & Hyperthermia.	Staff training, weather forecasting, base staff available, mobiles carried, & PPE. Follow SOP Appropriate conditions & venue, checked by SMT. Previous experience of kayaking. Additional clothing & protective items available. Short Sessions.	2	5	10				1	5	5	Steve Styans	Annually

			Coastguard aware & VHF/Mobile Phone Carried.										
Manual handling/ Slips & trips	Group & staff	Muscular and soft tissue damage	Staff training and client briefs. Follow SOP Loading the trailer previous session, reduce rushing. Extra people to carry boats. Warmups & suitable footwear.	2	4	8			1	4	4	Steve Styan	Annually
Other Boats	All	Collision & wake	Awareness, group control, checking when crossing channel together.	1	5	5			1	5	5	Steve Styan	Annually

# Risk Assessment Form – Paddle Sports Sheltered Water



Name of Assessor: Ian Hinkins	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Boat Park	Operating Procedure Reference No: Pages 44-48, Part 1
Briefly describe what is being assessed: Sheltered Water Paddle Sport Sessions		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Deep Water	All visitors & staff	Drowning	Staff training, appropriate ratios, and PPE	1	5	5		1	5	5	Head of Centre	Annually
Manual handling	All visitors & staff	Muscular and soft tissue damage	Staff training and client briefs.	1	4	4		1	4	4	Head of Centre	Annually
Paddles & boats	All visitors & staff	Cuts, bruises, and consciousness.	Staff training, client briefs & PPE. Helmets available at Tutors discretion.	2	2	4		2	2	4	Head of Centre	Annually
Exposure	All visitors & staff	Hypothermia & Hyperthermia.	Staff training, weather forecasting, base staff available, mobiles carried, & PPE	1	5	5		1	5	5	Head of Centre	Annually
Fast moving ropes	All visitors & staff	Rope burns	Staff training, extra care taken during canoe sailing.	1	1	1		1	1	1	Head of Centre	Annually
Boat entrapments	All visitors & staff	Drowning	Staff training and group brief.	1	5	5		1	5	5	Head of Centre	Annually
Canoe sliding / seal launching	All visitors & staff	Bumps, bruises, entrapments	Staff training, client briefs and appropriate PPE	2	2	4		2	2	4	Head of Centre	Annually

# Risk Assessment Form – Thunder & Lightning



Name of Assessor: Sarah Hooper	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: All areas	Operating Procedure Reference No: Page 83 - 85, Part 2
Briefly describe what is being assessed: Impact of Thunder & Lightening on all outdoor activities		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:			Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R	L	C	R	L	C	R		
Heavy rain, hail, decreased visibility	All staff & clients	Injury through driving accident due to poor road conditions	Daily weather check / Duty Manager review of days planned activities. Staff training / qualifications and experience	1	5	5				1	5	5	Head of Centre	Annually
Heavy rain, hail, decreased visibility	All staff & clients	Hyperthermia/ Hypothermia	Daily weather check / Duty Manager review of days planned activities. Staff training / qualifications and experience	2	2	4				2	2	4	Head of Centre	Annually
Sudden gusty winds	All staff & clients	Chance of being blown over on land and in various water craft	Daily weather check / Duty Manager review of days planned activities. Staff training / qualifications and experience	2	2	4				2	2	4	Head of Centre	Annually
Lightening	All staff & clients	Electrocution – severe burns and/or cardiac arrest	Daily weather check / Duty Manager review of days planned activities. Staff training / qualifications and experience	1	5	5				1	5	5	Head of Centre	Annually

# Risk Assessment Form - Walks



Name of Assessor: Rachael Dobson	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: On Site	Operating Procedure Reference No: Page 38-40, Part 1
Briefly describe what is being assessed: Mountain walks including unaccompanied walks		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:			Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R	L	C	R	L	C	R		
Slips/trips/falls	All staff and visitors	Cuts, bruises, and broken limbs.	Wear appropriate footwear and route choice	2	2	4				2	2	4	Head of Centre	Annually
Exposure	All staff and visitors	Hypothermia and Hyperthermia	Staff training, weather forecasting, mobiles carried, & PPE	1	5	5				1	5	5	Head of Centre	Annually
Changing weather conditions	All staff and visitors	Emotionally, Hyperthermia, Hypothermia	Appropriate route choice, weather forecasting, emergency kit	1	5	5				1	5	5	Head of Centre	Annually
Loosing group members when unaccompanied	Visitors	Emotionally, slips, trips, falls	Clear emergency safety brief, group emergency kit and mobile phone to be carried	2	2	4				2	2	4	Head of Centre	Annually
Loosing group members when accompanied	Visitors	Emotionally, slips, trips, falls	Clear emergency safety brief, group emergency kit and mobile phone to be carried	1	2	3				1	2	3	Head of Centre	Annually
Ticks	All staff & clients	Allergic reactions	WP staff awareness of risk and briefing of	1	4	4				1	4	4	Head of Centre	Annually

		from ticks and/or transmission of disease – most noticeably Lyme Disease	group. Training re correct method of tick removal. Information sheet for those affected.								
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# Risk Assessment Form - Windsurfing



Name of Assessor: Alex Stothert	Last Review Date: 18/12/25	Peer Reviewer Name: Garry Dobson
Activity Assessment <input checked="" type="checkbox"/> , Task Assessment <input type="checkbox"/> or Area Assessment <input type="checkbox"/>	Location of Assessment: Water Park	Operating Procedure Reference No: Page 55, Part 1
Briefly describe what is being assessed: Windsurfing Activity		

Key: L = Likelihood, C = Consequence, R = Risk

Hazard?	Who might be harmed?	How might people be harmed?	Existing control measures:	Risk Rating:			Additional controls:	Residual Risk:			Controls Reviewed by Whom?	Controls Reviewed When?
				L	C	R		L	C	R		
Deep Water	All visitors and staff	Drowning	Staff training, appropriate ratios, safety boats and PPE	1	5	5		1	5	5	Alex Stothert	Annually
Manual Handling of equipment.	All visitors and staff	Muscular and soft tissue damage. Cuts, bruises and breaks.	Staff training and client briefs.	1	2	2		1	2	2	Alex Stothert	Annually
Exposure	All visitors and staff	Hypothermia and Hyperthermia	Staff training, weather forecasting, base staff available, mobiles carried, and PPE.	1	5	5		1	5	5	Alex Stothert	Annually
Injury from impact with equipment and other people's equipment.	All visitors and staff	Cuts, bruises, breaks, head injury and loss of consciousness.	Staff training, client brief and PPE.	1	4	4		1	4	4	Alex Stothert	Annually
Deck plate and daggerboard handle being used	All visitors and staff	Cuts, bruises/breaks.	Staff training, client brief and PPE. Ensure all staff remove deck plates and daggerboards when	2	2	4	.	1	1	1	Alex Stothert	Annually

without rig attached.			using boards without rigs attached								
Falling off in the shallows/on to other people's equipment.	All visitors and staff	Cuts, bruises and breaks.	Staff training, client brief and PPE.	2	2	4			2	2	4
Entrapment	All visitors and staff	Drowning	Staff training, client briefs.	1	5	5			1	5	5
Cold Water	All visitors and staff	Cold water shock leading to drowning.	Staff training, client brief and PPE.	1	5	5			1	5	5
Blue Green Algae	All visitors and staff	Skin/eye irritation, gastro intestinal symptoms, respiratory problems.	Staff training and observation, appropriate location choice and PPE.	1	3	3			1	3	3
Swimmers Itch	All visitors and staff	Skin irritation	Staff training and observation, appropriate location choice and PPE.	1	1	1			1	1	1

## Thunder and Lightning - Policy Summary

If less than 30 seconds between lightning flash and thunder, **seek shelter immediately**.

Stay in shelter for 30 minutes **after last thunderclap**.

### **Increased risk:**

Proximity to water, before the storm or when you think it is over.

### **Flash to Bang.**

Count seconds between lightning strike and thunder by three – this gives distance to lightning in km.

If the time between the flash to bang is increasing, the storm is moving away, if decreasing the storm is coming closer.

People are mainly hit by lightning **before and after** the peak of the storm. Lightning can travel 16 km, and trailing clouds **after the storm are high risk**.