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## APPENDIX 4: GENERIC AALA ACTIVITIES RISK ASSESSMENT

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This appendix contains the Risk Assessment for Generic 'Activities – AALA' Risk Assessment. It uses the system identified in FSC's Risk Assessment OCoP L1 to recognise hazards, assess risks and identify control measures.


There are four broad groups of activities that are covered by licensing. They are defined in the Adventure Activities Licensing Regulations 2004, regulation 2(1). Further information: <http://www.hse.gov.uk/aala/activities.htm>

Within the Control Measures (G\*\*) is used to identify a 'Generic' control measure used throughout the FSC OCoP L2P risk assessments. (\*) indicates other control measures.


Below is a list of Risk Assessments for AALA Activities offered at FSC Learning Locations (including those identified as **Quality Badge activities**).

<b>Climbing:</b>	<ul style="list-style-type: none"><li>• <b>Abseiling</b></li><li>• <b>Rock Climbing</b></li><li>• <b>Gorge Scrambling</b></li></ul>
<b>Watersports:</b>	<ul style="list-style-type: none"><li>• <b>Open Canoeing</b></li><li>• <b>Improvised Rafting</b></li><li>• <b>Sea Level Traversing <sup>(1)</sup></b></li></ul>
<b>Trekking:</b>	<ul style="list-style-type: none"><li>• <b>Hill Walking &amp; Mountaineering</b></li></ul>
<b>Caving:</b>	<ul style="list-style-type: none"><li>• <b>Mine Exploration <sup>(1)</sup></b></li></ul>


<sup>(1)</sup> These activities are undertaken at one Learning Location. If required, risk assessments can be obtained directly.

	Generic AALA Activity Risk Assessment:	Abseiling (excluding high ropes challenges)
	To be read in conjunction with	Generic "Out of Classroom" Risk Assessment and Site Specific Risk Assessment <b>Adventurous Activity guidelines must be followed.</b>


Hazards	Persons at Risk FSC Employee; Students; Non-FSC Staff; Public; All	Risk without controls			Control Measures	Risk with controls		
		Outcome	Likelihood	Total Risk rating		Outcome	Likelihood	Total Risk Rating with controls
Slips and Falls on path from bottom of abseil to top.	FSC Employee, Students, Non-FSC Staff	5	3	15	(*) Appropriate supervision / spotting should be in place for ascent of path. (*) Ascent path should not be down climbed unless in an emergency.	5	1	5
Falling from height	FSC Employee, Students, Non-FSC Staff	5	2	10	(*) Safe zone established at start of session (*) If students are taken to the top of the crag to abseil, they must stay well away from edge and be clipped into safety rope / stay in designated area, well back from abseil start point.	5	1	5
Falling object - head injury	All	5	3	15	(*) Instructor to clear loose stones that may cause injury from path before ascent by group.	5	2	10
Collision of abseiler with other quarry users	All	3	2	6	(*) Assist must be vigilant regarding area around bottom of abseil.	3	1	3
Entrapment of hair & clothing in abseil device	Students, Non-FSC Staff	4	3	12	(*)Abseil rope to be on a releasable system. (*)Ensure loose items of clothing or jewellery are removed or tucked in and hair is tied back. (*)Tutor to consider carrying a climbing knife.	4	1	4
Entrapment of fingers in abseil device	Students, Non-FSC Staff	3	4	12	(*)Abseil rope to be on a releasable system. (*)Appropriate instruction and monitoring of use of abseil device.	3	1	3
Hazards requiring special training: Emergency / Unforeseen Circumstances	FSC Employee, Students, Non-FSC Staff				(G4) Tutors should be appropriately recruited, inducted and trained as required by FSC. (*) The maximum recommended ratio will reflect NGB guidance or the recommendations of a Technical Advisor for a specific Learning Location. (*) The instructor should hold the relevant qualification (e.g. SPA, MIA) and/or level of competence (as agreed with the technical advisor) for that site. (*) Assist staff should be fully briefed on their role.			

	Generic AALA Activity Risk Assessment:	Rock Climbing (excluding high ropes challenges)
	To be read in conjunction with	Generic "Out of Classroom" Risk Assessment and Site Specific Risk Assessment <b>Adventurous Activity guidelines must be followed.</b>


Hazards	Persons at Risk FSC Employee; Students; Non-FSC Staff; Public; All	Risk without controls			Control Measures	Risk with controls		
		Outcome	Likelihood	Total Risk rating		Outcome	Likelihood	Total Risk Rating with controls
bumps & scrapes - Penduluming	Students, Non-FSC Staff	3	4	12	(*) Brief students on correct lower off position when descending, and appropriate climbing route when ascending. (G25) Tutors must ensure all members of their Groups are appropriately supervised and / or briefed.	3	2	6
scrapes - Injury from lowering off	Students, Non-FSC Staff	3	4	12	(*)Brief students on correct lower off position	2	2	4
Falling from height	FSC Employee, Students, Non-FSC Staff	5	3	15	(*) Instructors should be attached to a safety line when setting up at the top of a crag where appropriate. (*) Helmets and harnesses must be worn and fitted correctly. (*)Participants must be tied in correctly; and checked by a ratified person. (*) Screwgate must be checked at the beginning of the session & rechecked throughout the session where feasible. (*) If participants are belaying: correct belaying techniques must be taught and belayers supervised. Novice belayers must be backed up and instructor to be within reach of the dead rope if appropriate. (*) Maximum of 3 ropes, and less if group/ individual needs require it. (*) Use sites with known sound belay points. (*) Use 2 or 3 anchors. (*) Participants should be briefed not to climb past the karabiner	5	1	5
Falling objects - head injury	FSC Employee, Students, Non-FSC Staff	5	3	15	(*) Helmets to be worn and fitted correctly. (*) Group to keep clear of crag while its being rigged.	3	2	6
Hazards requiring special training: Emergency / Unforeseen Circumstances	FSC Employee, Students, Non-FSC Staff				(G4) Tutors should be appropriately recruited, inducted and trained as required by FSC. (*) The maximum recommended ratio will reflect NGB guidance or the recommendations of a Technical Advisor for a specific Learning Location. (*) The instructor should hold the relevant qualification (e.g. SPA, MIA) and/or level of competence (as agreed with the technical advisor) for that site.			

	Generic AALA Activity Risk Assessment:	Gorge Scrambling
	To be read in conjunction with	Generic "Out of Classroom" Risk Assessment and Site Specific Risk Assessment <b>Adventurous Activity guidelines must be followed.</b>


Hazards	Persons at Risk FSC Employee; Students; Non-FSC Staff; Public; All	Risk without controls			Control Measures	Risk with controls		
		Outcome	Likelihood	Total Risk rating		Outcome	Likelihood	Total Risk Rating with controls
slips & bumps e.g. Slippery rocks -	FSC Employee, Students, Non-FSC Staff	3	4	12	(*) Footwear with appropriate grip. (*) Helmets must be worn. (*) Brief students on how to navigate slippery rocks. (*) Close supervision and spotting where appropriate.	2	4	8
Falling stones	FSC Employee, Students, Non-FSC Staff	5	2	10	(*) Helmets must be worn. (*) Careful group management and instructor to be aware of any activity above the gorge, particularly near areas with public access such as a footpath.	4	2	8
Falling from height	FSC Employee, Students, Non-FSC Staff	5	3	15	(*) Keep participants away from cliff edges. (*) Ensure participants are spotted where necessary.	3	2	6
Water - drowning	FSC Employee, Students, Non-FSC Staff	5	2	10	(*) Buoyancy Aids need to be worn where appropriate, in agreement with the Learning Location's technical advisor. (*) Check weather forecast and preceding weather conditions. (*) Water levels must be assessed and group managed appropriately. (*) Ongoing assessment of students and conditions. (*) Instructor to have a plan B.	5	1	5
Water borne diseases - from drinking stream water	FSC Employee, Students, Non-FSC Staff	3	4	12	(*) Brief students beforehand (G5) Tutors should be aware of information relating to outdoor diseases (OCOP L6.6P) and ensure groups are aware of any necessary hygiene precautions.	3	2	6
Hypothermia	FSC Employee, Students, Non-FSC Staff	3	5	15	(*) Check weather forecast and preceding weather conditions. (*) Water levels must be assessed and group managed appropriately. (*) Ongoing assessment of students and conditions needed. (*) Hot flasks should be considered. (*) Consider encouraging students to stay dry above waist initially. (*) Transport to remain available at location.	3	3	9
Hazards requiring special training: Emergency / Unforeseen Circumstances	FSC Employee, Students, Non-FSC Staff				(G4) Tutors should be appropriately recruited, inducted and trained as required by FSC. (*) Site specific induction for new instructors must be delivered by an appropriate member of staff as agreed with the technical advisor. (*) The maximum recommended ratio will reflect NGB guidance or the recommendations of a Technical Advisor for a specific Learning Location. (*) The instructor should hold the relevant qualification and/or level of competence (as agreed with the technical advisor) for that site.			

	Generic AALA Activity Risk Assessment:	Canoeing
	To be read in conjunction with	Generic "Out of Classroom" Risk Assessment and Site Specific Risk Assessment <b>Adventurous Activity guidelines must be followed.</b>

Hazards	Persons at Risk FSC Employee; Students; Non-FSC Staff; Public; All	Risk without controls			Control Measures	Risk with controls		
		Outcome	Likelihood	Total Risk rating		Outcome	Likelihood	Total Risk Rating with controls
Bumps & Scrapes	FSC Employee, Students, Non-FSC Staff	3	4	12	(*) Helmets must be worn for games, and should be worn on moving water. (*) Brief participants on canoe hazards including paddle injuries and entrapment of fingers between canoes or spars.	3	2	6
Head Injury from games & paddles	FSC Employee, Students, Non-FSC Staff	4	3	12	(*) Helmets must be worn for games, and should be worn on moving water. (*) Extra care will be taken in shallow water. (*) Brief students as appropriate.	3	2	6
Water - drowning	FSC Employee, Students, Non-FSC Staff	5	3	20	(*) Ensure Buoyancy Aids (BAs) are worn at all times on and near the water, and are fitted correctly.	5	1	5
Hypothermia	FSC Employee, Students, Non-FSC Staff	5	1	5	(*) In cold weather, 'wet' games should be carried out at the end of the session, and hot flasks should be carried.	3	1	3
Wind - dispersing group	FSC Employee, Students, Non-FSC Staff	5	4	20	(*) Instructor to monitor effect of wind on group and plan session accordingly. (*) Check weather prior to session & plan session accordingly.	5	1	5
Capsizing - group dispersal	FSC Employee, Students, Non-FSC Staff	3	4	12	(*) BA's must be worn. (*) Good group management.	2	3	6
Lifting canoes- strains	FSC Employee, Students, Non-FSC Staff	4	3	12	(*) Brief students on safe lifting techniques. (*) Appropriate number of participants to lift canoes.	4	1	4
Entrapment in rope-body or fingers	FSC Employee, Students, Non-FSC Staff	3	4	12	(*) Carry knife in case needed for releasing an entrapment. (*) Brief students to be aware of risk of trapping fingers.	3	2	6
Hazards requiring special training: Emergency / Unforeseen Circumstances	FSC Employee, Students, Non-FSC Staff				(G4) Tutors should be appropriately recruited, inducted and trained as required by FSC. (*) The maximum recommended ratio will reflect NGB guidance or the recommendations of a Technical Advisor for a specific Learning Location. (*) The instructor should hold the relevant qualification and/or level of competence (as agreed with the technical advisor) for that site.			

	Generic AALA Activity Risk Assessment:	Rafting
	To be read in conjunction with	Generic "Out of Classroom" Risk Assessment and Site Specific Risk Assessment <b>Adventurous Activity guidelines must be followed.</b>

Hazards	Persons at Risk FSC Employee; Students; Non-FSC Staff; Public; All	Risk without controls			Control Measures	Risk with controls		
		Outcome	Likelihood	Total Risk rating		Outcome	Likelihood	Total Risk Rating with controls
Bumps & Scrapes	FSC Employee, Students, Non-FSC Staff	3	4	12	(*) Helmets must be worn on the water and should be considered for construction of the raft. (*) Brief participants on rafting hazards including paddle injuries. (*) Ensure raft if built without the need to flip it during construction.	3	2	6
Water- drowning	FSC Employee, Students, Non-FSC Staff	5	3	20	(*) Ensure Buoyancy Aids (BAs) are worn at all times on and near the water and are fitted correctly. (*) Helmets must be worn on the water. (*) Brief students of what to do if they fall into water.	5	1	5
Water borne diseases - from drinking the water	FSC Employee, Students, Non-FSC Staff	3	4	12	(*) Consider briefing students beforehand	3	2	6
Hypothermia	FSC Employee, Students, Non-FSC Staff	5	1	5	(*) In cold weather, participants should only be allowed to immerse at the end of the session.	3	1	3
Entrapment	FSC Employee, Students, Non-FSC Staff	3	4	12	(*) Ensure there are minimum amounts of rope trailing in water and if a trailing tether line is used, it should have a free end and be easy to release. (*) Brief participants on rafting hazards including entrapment of fingers and feet between barrels or spars. (*) Carry a knife	3	2	6
Raft collapse - group dispersal	FSC Employee, Students, Non-FSC Staff	3	5	15	(*) BA's must be worn. (*) Assess 'seaworthiness' of raft and appropriateness of the raft for the group.	2	3	6
Lifting rafts- strains	FSC Employee, Students, Non-FSC Staff	4	3	12	(*) Brief students on safe lifting techniques. (*) Appropriate number of participants to lift raft.	4	1	4
Planks dropped on feet/ fingers	FSC Employee, Students, Non-FSC Staff	3	3	12	(*) Participants must wear shoes that are covered and appropriate. (*) Verbally warn students to be aware.	3	2	6
Hazards requiring special training: Emergency / Unforeseen Circumstances	FSC Employee, Students, Non-FSC Staff				(G4) Tutors should be appropriately recruited, inducted and trained as required by FSC. (*)'The maximum recommended ratio will reflect NGB guidance or the recommendations of a Technical Advisor for a specific Learning Location. (*) The instructor should hold the relevant qualification and/or level of competence (as agreed with the technical advisor) for that site.			

	Generic AALA Activity Risk Assessment:	Hill Walking and Mountaineering
	To be read in conjunction with	Generic "Out of Classroom" Risk Assessment and Site Specific Risk Assessment <b>Adventurous Activity guidelines must be followed.</b>

Hazards	Persons at Risk FSC Employee; Students; Non-FSC Staff; Public; All	Risk without controls			Control Measures	Risk with controls		
		Outcome	Likelihood	Total Risk rating		Outcome	Likelihood	Total Risk Rating with controls
					<b>Outcome</b> (1) Inconvenience (2) Minor Injury (3) Injury / Illness (4) Major Injury (5) Fatality / Multiple <b>Likelihood</b> (1) Unlikely (2) Rarely (3) Infrequent (4) Sometimes (5) Often			
Trips on uneven ground - Lower leg injury	FSC Employee, Students, Non-FSC Staff	5	2	10	(* )Appropriate footwear with good grip and usually ankle support. (* )Brief participants on importance of keeping laces tied throughout the journey.	3	2	6
Falling from height	FSC Employee, Students, Non-FSC Staff	5	3	15	(G13) Tutors should be aware of alternative access and egress routes and choose a "route through" or "part of" the environment that is appropriate to the Group, weather and activity being undertaken. (* ) Consider carrying a rope. (* )The intended route must be left at the Learning Location.	5	1	5
Water borne diseases - from drinking stream water	FSC Employee, Students, Non-FSC Staff	3	4	12	(* )Brief students beforehand and if appropriate use water purification tablets, or boil the water beforehand. (G5) Tutors should be aware of information relating to outdoor diseases (OCOP L6.6P) and ensure groups are aware of any necessary hygiene precautions.	3	2	6
Crossing Streams - drowning	FSC Employee, Students, Non-FSC Staff	5	3	15	(G13) Tutors should be aware of alternative access and egress routes and choose a "route through" or "part of" the environment that is appropriate to the Group, weather and activity being undertaken. (* ) In unavoidable situations where a groups needs to cross tutors to spot effectively where appropriate.	5	1	5
Weather -hypothermia	FSC Employee, Students, Non-FSC Staff	5	2	10	(G17) Tutors should have quick access to an FSC safety sack which includes the SWICs and be trained in the use of the safety sack contents. (* ) Each participant should take a waterproof top and usually trousers and spare warm clothing.	2	3	6
Weather - high winds & lightening	FSC Employee, Students, Non-FSC Staff	5	2	10	(G13) Tutors should be aware of alternative access and egress routes and choose a "route through" or "part of" the environment that is appropriate to the Group, weather and activity being undertaken. (G3) Tutors must ensure there is an alternative plan (Plan 'B') in existence and be able to implement it when required. (* ) Amend route to avoid leeward cliff edges or high ground (particularly above steep drops)	5	1	5
Weather - heat-related illness	FSC Employee, Students, Non-FSC Staff	5	2	10	(* ) Ensure each person carries sufficient water. (* ) Instructor to consider carrying spare or means of purifying water.	5	1	5

Blisters	FSC Employee, Students, Non-FSC Staff	3	4	12	(* Instructor should be aware of main causes of blisters, ie ill fitting boots, inappropriate socks, and to monitor where possible.	2	2	4
Hazards requiring special training: Emergency / Unforeseen Circumstances	FSC Employee, Students, Non-FSC Staff				(G4) Tutors should be appropriately recruited, inducted and trained as required by FSC. (*) The maximum recommended ratio will reflect NGB guidance or the recommendations of a Technical Advisor for a specific Learning Location. (*) The instructor should hold the relevant qualification and/or level of competence (as agreed with the technical advisor) for that site. (*) A map of scale greater or equal to 1:50,000 and compass must be carried			