

## Risk Assessment – PL Adventure, Hike & Overnight

Last reviewed by Craig Peters on 24 June 2026

Hazard Identified & Risks from It?	Who is at Risk?	How are the risks controlled?	What has changed that needs to be thought about and controlled?
Young people get lost, risk to wellbeing.	Young People	<ul style="list-style-type: none"> <li>• All groups of young people to have a map, compass and a list of emergency contact phone numbers.</li> <li>• Staff to instruct young people to stay together in their groups, nobody to be left alone.</li> <li>• Staff to check that each group has at least one mobile phone with charged battery.</li> <li>• Staff to check that the group has correctly identified the location of their next base before they set off.</li> <li>• Staff to take a headcount when young people arrive at each activity base, Gilberts Bridge site, and on return to the main camp.</li> </ul>	
Contact with vehicles, risk of injury.	Young People	<ul style="list-style-type: none"> <li>• Route planned so that young people are not walking along any main roads.</li> <li>• Young people to be reminded of the potential dangers of walking on country tracks.</li> <li>• Young people reminded of how to walk on country roads, e.g. stay to the right and move into the verge to allow vehicles to pass.</li> <li>• Route planned so that vehicles travelling to the overnight Trek site take a different road to the walking young people.</li> </ul>	

Hazard Identified & Risks from It?	Who is at Risk?	How are the risks controlled?	What has changed that needs to be thought about and controlled?
Slips, trips and falls, risk of injury.	Young People	<ul style="list-style-type: none"> <li>• Staff must check that young people are wearing suitable footwear for the activity, e.g. boots or strong trainers, no crocs or flip-flops.</li> <li>• Route planned to follow well used footpaths and tracks, no off-path walking required.</li> </ul>	
Incident while young people are unsupervised, risk of injury and risk to wellbeing.	Young People	<ul style="list-style-type: none"> <li>• Each group will have contact phone numbers for staff on the activity.</li> <li>• Young people instructed that in the event of an incident where there is no phone signal, a small group should set off walking towards the main campsite until they establish mobile phone connection.</li> <li>• Young people instructed that in the event of a serious incident they should call 999 first then inform activity staff.</li> </ul>	
Dehydration and Heat Exhaustion	Young People	<ul style="list-style-type: none"> <li>• Staff to check that young people bring a full water bottle with them to the activity.</li> <li>• Staff to monitor young people throughout the activity and advise anyone who is overheating to rest in the shade and drink water.</li> <li>• Young people to have the opportunity to re-fill water bottles at each activity base.</li> </ul>	
Sunburn	Young People	<ul style="list-style-type: none"> <li>• If weather is sunny, or forecast to be sunny, staff to check that young people are wearing sun cream.</li> <li>• Staff must check that young people have sun cream with them in case weather forecast is wrong.</li> </ul>	

Hazard Identified & Risks from It?	Who is at Risk?	How are the risks controlled?	What has changed that needs to be thought about and controlled?
Cold and Hypothermia	Young People	<ul style="list-style-type: none"> <li>• Staff to check that young people have brought a waterproof jacket to the activity.</li> <li>• Staff to check the young people are suitably clothed for the weather conditions, e.g. have jumpers / jackets with them.</li> <li>• Shelter to be available at the activity location, e.g. event shelter.</li> </ul>	
Allergic reaction to food.	Young People	<ul style="list-style-type: none"> <li>• Staff to check if any young people have food allergies before starting the activity.</li> <li>• Any foods which could cause an allergic reaction to be segregated along with any utensils used.</li> </ul>	
Food poisoning.	Young People & Staff	<ul style="list-style-type: none"> <li>• Staff must ensure that perishable food is stored in cool boxes.</li> <li>• Staff must ensure that everyone follows best practice for food hygiene, including hand washing and keeping food preparation areas clean.</li> <li>• Staff to check that food is cooked properly before it is consumed.</li> <li>• Cooked food to be stored in suitable hot food containers until it is eaten.</li> </ul>	
Insect bites, risk of injury	Young People & Staff	<ul style="list-style-type: none"> <li>• Everyone instructed to bring insect repellent to the activity.</li> <li>• Everyone advised to wear long trousers and long sleeved tops to reduce the risk of bites.</li> <li>• Everyone advised to check for tick bites and if discovered seek immediate assistance from a member of staff to have them removed.</li> </ul>	

Hazard Identified & Risks from It?	Who is at Risk?	How are the risks controlled?	What has changed that needs to be thought about and controlled?
Illness due to poor hygiene when using portable toilet.	Young People & Staff	<ul style="list-style-type: none"> <li>• Staff to brief young people on use of portable toilet at overnight Trek Site.</li> <li>• Staff to remind young people of the importance of hand washing after using portable toilet.</li> </ul>	
Entering / falling into River Tilt, risk of drowning.	Young People	<ul style="list-style-type: none"> <li>• Staff must instruct young people that they must not enter the river.</li> <li>• Staff must instruct young people to stay well back from the river bank.</li> </ul>	
Safe guarding overnight, risk to wellbeing.	Young People	<ul style="list-style-type: none"> <li>• Subcamps to be reminded that only young people aged 16 and over can attend the activity.</li> <li>• Subcamps to be instructed to inform PL Adventure staff of any participant who is planning to attend the Trek who may have difficulty understanding safeguarding rules. Additional control measurers will be agreed for these specific participants.</li> <li>• Separate sleeping tents provided for staff and young people.</li> <li>• Optional smaller sleeping tents provided for same sex sleeping areas.</li> </ul>	

## Risk Assessment – Bubble Footballs

Last reviewed by Craig Peters on 24 June 2026

Hazard Identified & Risks from It?	Who is at Risk?	How are the risks controlled?	What has changed that needs to be thought about and controlled?
Neck injury from rolling the bubble with head sticking out top.	Young People	<ul style="list-style-type: none"> <li>• Staff must check that a suitable bubble size is selected for each participant, so their head and neck are well within the bubble.</li> <li>• Staff must check that shoulder straps are tightened for each young person.</li> <li>• Staff must check that bubbles are used the correct way up (check writing and logo on the outside).</li> <li>• Young people must be instructed to always hold onto the handles within the bubble.</li> </ul>	
Impact injury from collision with other players.	Young People	<ul style="list-style-type: none"> <li>• Young people will be instructed to avoid full impact body charges.</li> <li>• Young people will be instructed to avoid impacts with players who have fallen over.</li> <li>• Young people instructed to avoid contact with anyone who is not wearing a bubble.</li> </ul>	
Impact injury from collision between player and spectator.	Young People and Spectators	<ul style="list-style-type: none"> <li>• Playing field to be clearly marked with fibreglass / plastic canes or plastic marker cones.</li> <li>• Spectators will be instructed not to enter the playing field.</li> </ul>	
Injury due to slips, trips and falls.	Young People	<ul style="list-style-type: none"> <li>• Playing field to be cleared of trip hazards as far as practical.</li> <li>• Staff must check the young people are wearing appropriate footwear for the activity and that shoelaces are tied.</li> </ul>	

Hazard Identified & Risks from It?	Who is at Risk?	How are the risks controlled?	What has changed that needs to be thought about and controlled?
Dehydration and Heat Exhaustion	Young People	<ul style="list-style-type: none"> <li>• Staff to check that young people bring a full water bottle with them to the activity.</li> <li>• Staff to monitor young people throughout the activity and advise anyone who is overheating to rest in the shade and drink water.</li> <li>• Water container to be available at each base for participants to re-fill water bottles.</li> </ul>	
Sunburn	Young People	<ul style="list-style-type: none"> <li>• If weather is sunny, or forecast to be sunny, staff to check that young people are wearing sun cream.</li> </ul>	
Cold and Hypothermia	Young People	<ul style="list-style-type: none"> <li>• If weather is wet or forecast to rain, staff to check that young people have brought a waterproof jacket to the activity.</li> <li>• Staff to check the young people are suitably clothed for the weather conditions, e.g. have jumpers / jackets with them.</li> <li>• Shelter to be available at the activity location, e.g. event shelter.</li> </ul>	

## Risk Assessment – PL Adventure, Backwoods Snack Base

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Hazard Identified & Risks from It?	Who is at Risk?	How are the risks controlled?	What has changed that needs to be thought about and controlled?
Burns, risk of injury.	Young People & Staff	<ul style="list-style-type: none"> <li>• Staff to supervise young people when they are close to the fire.</li> <li>• Staff to remind young people to be careful when close to the fire.</li> <li>• Staff and young people to take care when removing snack items from the fire.</li> <li>• No lit sticks or embers to be removed from the fire.</li> <li>• Fire bucket to be positioned close to fire for easy access to cooling in the event of burns.</li> </ul>	
Allergic reaction to food.	Young People	<ul style="list-style-type: none"> <li>• Staff to check if any young people have food allergies before starting the activity.</li> <li>• Any foods which could cause an allergic reaction to be segregated along with any utensils used.</li> </ul>	
Food poisoning.	Young People	<ul style="list-style-type: none"> <li>• Staff must ensure that perishable food is stored in cool boxes.</li> <li>• Staff must ensure that everyone follows best practice for food hygiene, including hand washing and keeping food preparation areas clean.</li> <li>• Staff to check that food is cooked properly before it is consumed.</li> </ul>	

Hazard Identified & Risks from It?	Who is at Risk?	How are the risks controlled?	What has changed that needs to be thought about and controlled?
Loss of control of fire, risk to people in the area and risk of damage to the environment.	Young People, Staff, Public & Environment	<ul style="list-style-type: none"> <li>• Staff must not leave fire unattended.</li> <li>• Staff must light fire a suitable distance away from plants and trees.</li> <li>• Staff must use a fire pit or make sure that a stone boundary is in place around the fire.</li> <li>• Staff must make sure that a full fire bucket is located close to the fire.</li> <li>• Staff must make sure that fires have been fully extinguished at the end of the activity.</li> </ul>	
Neckies / name badges dangling into the fire, risk of catching fire and causing injury to wearer.	Young People & Staff	<ul style="list-style-type: none"> <li>• Neckies and name badges to be removed or tucked securely under clothing before approaching the fire.</li> </ul>	
Dehydration and Heat Exhaustion	Young People	<ul style="list-style-type: none"> <li>• Staff to check that young people bring a full water bottle with them to the activity.</li> <li>• Staff to monitor young people throughout the activity and advise anyone who is overheating to rest in the shade and drink water.</li> <li>• Water container to be available so participants can re-fill water bottles.</li> </ul>	
Sunburn	Young People	<ul style="list-style-type: none"> <li>• If weather is sunny, or forecast to be sunny, staff to check that young people are wearing sun cream.</li> </ul>	
Cold and Hypothermia	Young People	<ul style="list-style-type: none"> <li>• If weather is wet or forecast to rain, staff to check that young people have brought a waterproof jacket to the activity.</li> <li>• Staff to check the young people are suitably clothed for the weather conditions, e.g. have jumpers / jackets with them.</li> <li>• Shelter to be available at the activity location, e.g. event shelter.</li> </ul>	

## Risk Assessment – PL Adventure, Team Games Base

Last reviewed by Craig Peters on 24 June 2026

Hazard Identified & Risks from It?	Who is at Risk?	How are the risks controlled?	What has changed that needs to be thought about and controlled?
Slips, trips and falls, risk of injury.	Young People	<ul style="list-style-type: none"> <li>• Staff must check that playing area is clear of trip hazards.</li> <li>• Staff must check that young people are wearing suitable footwear before starting the activity.</li> </ul>	
Injury from contact with other players or games equipment.	Young People	<ul style="list-style-type: none"> <li>• Staff must make sure that all young people understand the rules of the game before starting.</li> <li>• Staff must check that suitable equipment is being used for the game (solid footballs vs. softer ones etc.).</li> <li>• Staff must supervise the game and stop if the rules are not being followed.</li> </ul>	
Blindfolded young people, increased risk of slips, trips, falls, and collisions with other people or objects	Young People	<ul style="list-style-type: none"> <li>• Games which require young people to be blindfolded to be played in an open space, away from any obstructions, and cleared of trip hazards as far as practical.</li> <li>• Staff will supervise the activity and stop blindfolded young people from walking outside the activity area.</li> </ul>	

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Dehydration and Heat Exhaustion	Young People	<ul style="list-style-type: none"> <li>• Staff to check that young people bring a full water bottle with them to the activity.</li> <li>• Staff to monitor young people throughout the activity and advise anyone who is overheating to rest in the shade and drink water.</li> <li>• Water container to be available at each activity base for participants to re-fill bottles.</li> </ul>	
Sunburn	Young People	<ul style="list-style-type: none"> <li>• If weather is sunny, or forecast to be sunny, staff to check that young people are wearing sun cream.</li> </ul>	
Cold and Hypothermia	Young People	<ul style="list-style-type: none"> <li>• If weather is wet or forecast to rain, staff to check that young people have brought a waterproof jacket to the activity.</li> <li>• Staff to check the young people are suitably clothed for the weather conditions, e.g. have jumpers / jackets with them.</li> <li>• Shelter to be available at the activity location, e.g. event shelter.</li> </ul>	