



On-Water & South Bank Activity Risk Assessment Trevassack Lake

(last updated: 14.04.2026 by Rupert Whelan (Activities Manager))

All risks are further minimised by the supervision structure within the daily running of CST, as per the *CST Operating Procedures* and other policies. The term 'staff' below is a generic term for all levels of shore-based and on-water staff, volunteers and helpers. (Abbreviations used: AM (Activities Manager), DM (Duty Manager), SO (Safety Officer), SI (Senior Instructor), NGB (National Governing Body), PBL2 (RYA Powerboat Level 2), RYA (Royal Yachting Association), BC (British Canoeing)).

All risks associated with the various types of abuse of children and vulnerable adults are controlled by the CST '*Safeguarding and Child Protection (and Vulnerable Adults) Policy*'. The Designated Safeguarding Officer & Centre Welfare Officer is the CEO, Jakie Jewell.

Health and Safety Policy Statement: "It is the policy of Children's Sailing Trust that the health and safety of all staff and persons on site, including those afloat and those undertaking CST Training as its most important operational responsibility. The strict working practices adopted by CST are the product of the combined experience of the team, the guidelines of the appropriate national governing authorities and British law."

All the latest public documents can be found on the CST website – <https://childrensailingtrust.org.uk/activity-policies-documents/>

RISKS AFLOAT (to include all watersports activities (therefore with the exception of open water swimming) or unless specified separately)

HAZARD	RISK TO	Low, Medium or High (severity/likelihood)	CONTROLLED BY ACTIONS	FURTHER ACTION	Residual risk rating (after further actions)
Injury to user outside of a CST supervised or CST organised session	All	High/Low	All external providers who use Trevassack Lake waterbased activities to have been authorised by the Activities Manager with the following paperwork in place (signed SLA, appropriate insurance held, risk assessment of activity, site induction by CST Senior Activity Team)		Low
Injury to participant within a CST run session	Students	Medium / Medium	<p>Instructors/Coaches to be trained and assessed to run the activity (through formal NGB Instructor qualifications or inhouse Instructor qualifications, inductions and on going staff training). CST to ensure appropriate ratios are maintained. Instructor to maintain constant awareness and group control.</p> <p>CST code of conduct to be available to all students prior to coming to CST with expectations of user behaviour.</p> <p>Manual Handling training given to instructors, advice and supervision given to students.</p>	<p>SO to oversee all activities on the day and be available for back up. SO to remove anybody from a session that deems to be unsafe to themselves or any other user.</p> <p>CST Code of Conduct on display in Reception foyer and website</p>	Low
Injury to water user within general water use	All	Medium/Medium	<p>Observation and Safety Boat response in line with CST Trevassack Lake Safety Policy</p> <p>Allocated CST Safety Officer whenever the water is open</p> <p>Access to the water restricted dependent on weather, equipment, ability</p>	CST Trevassack Lake Safety Policy on display in reception foyer and website	

Water (drowning)	All	High/Medium	<p>Personal floatation device (PFD) to be worn at all times whilst near or on the water (with the exception of Over 18s Stand Up Paddleboarding when a leash is attached, or swim coaches and their student(s) within a swim session or swimmers taking part in an organised swim session, or on occasion users on the Floating Classroom)</p> <p>Lifebuoys and throwline on the Floating Classroom</p> <p>Lifebuoys located at the water's edge available for public use</p>	<p>Visual monitoring by CST staff.</p> <p>Guests informed of no access to water when independent of a CST activity</p>	Low
	Students & General Water Users	High/Medium	<p>Activity sessions provided by Instructors in line with NGB guidelines. All students to be a minimum of 'water confident'.</p> <p>Water is open for general use when safety supervision is in place</p> <p>Students who are unable to maintain an upright position should they fall in the water uninjured, or those with a medical condition whereby they have a higher risk of drowning (i.e epilepsy) to wear a lifejacket (with the exception of those under the supervision of a qualified swim coach whilst taking part in a swimming session)</p> <p>Maximum number of students per craft not to exceed manufacturers recommendation.</p> <p>All students to be briefed on capsizing/entrapment risks before session commences.</p>	<p>Communications maintained between Instructors and Safety Officer.</p> <p>Safety Supervision is provided by a qualified Senior Instructor or an experienced Powerboat Helm with inhouse training</p> <p>The SO to authorise any dinghies that have over 3 students aboard.</p>	Low
	Swimmers	High/Medium	<p>General 'Open Water; and 'Lake Dip' sessions supervised by an RLSS Open Water Lifeguard or BC/RYA Instructor with suitable experience.</p> <p>Coached Sessions to be run by a qualified Open Water Coach</p>	<p>All swimmers to remain in line of sight of supervision. Swimming course and or no. of swimmers to be adjusted when necessary.</p> <p>Those lifeguarding sessions or delivering coaching to have a rescue float and/or kayak/SUP board with a waist towline</p>	Low

	Floaty Users	High/Low	<p>Wheelchair users who are unable to wear a PFD, for example a user with profound disability whereby to use a lifejacket or be unstrapped would not be possible), then extra procedures will be put in place by the Safety Officer eg no. of helpers, moving the floating classroom closer to the land bridge to minimise being on pontoon)</p> <p>Babes in arms may not use a PFD on Floaty, subject to guardians carrying them or them being strapped in a suitable buggy</p> <p>Groups using Floaty where usage or attire makes wearing a PFD inappropriate may go aboard without, following the guidelines above. PFDs will be carried on Floaty to be put on in case of emergency.</p>	<p>SO to dynamically risk assess all those without PFD to ensure</p> <p>Activities manager to inform SO of any parties who may fall into this category. SO to dynamically risk assess on session.</p>	Low
	Wheelchair users	High/Medium	<p>Wheelchair users to not be strapped in to wheelchair when on pontoon (with the exception of Floaty Users mentioned above)</p>	<p>Wheelchair route to be encouraged to stay central on the pontoon</p> <p>Brakes to be in place when not moving</p>	Low
Entrapment	Sailors	High/Medium	<p>All doublehander dinghies to be fitted with 40L masthead float.</p> <p>Powerboat drivers providing 'safety cover' to be trained in how to deal with entrapment.</p> <p>Quick-release harnesses to be used on trapeze boats.</p> <p>Long hair to be tied back.</p> <p>Dangly jewellery to be removed or covered</p>	<p>Observation and swift response to capsizes from RYA qualified powerboat drivers.</p> <p>Powerboats to carry a safety knife.</p> <p>CST activity staff to carry safety knife upon their person (not under 16s)</p>	Low
	All	High/Medium	<p>Powerboat drivers, or their crew, are prepared to enter the water to assist with the righting of an inverted craft in the event of an entrapment.</p>	<p>CST powerboat driving and safety rescues are covered within inductions & ongoing staff training</p>	Low

	<p>Sit on top kayaking / Stand-up Paddleboarding</p>	Medium /Low	<p>Entrapment is extremely unlikely with a sit on top kayak or stand up paddleboard due to no ropes or cockpit.</p>	<p>Instructors to maintain a constant awareness of all paddlesport students and include in the session briefing the actions to be taken in the event of surfacing under a kayak or SUP.</p> <p>Where user is not within a CST activity – all users under the CST Safety Policy</p>	Low
	Raft Building	Medium/Medium	<p>Immersed entrapment is unlikely within raft building due to the open nature of the rafts constructed.</p> <p>Entanglement: instructors continuously monitor sturdiness of raft during use and cease the activity at any sign of it dismantling. Students briefed on what to do in the event of raft dismantling.</p>	<p>Instructors to brief and monitor students on positioning on the raft.</p> <p>Instructors to check the raft for sturdiness before being put in use.</p>	Low
	Users of Accessible dinghies	High/Medium	<p>Retaining pins to be in place on keels to ensure effectiveness of keel remains should craft broach/heel</p>	<p>CST Activity Staff and Helpers to be briefed and inducted on importance of retaining device. Periodic inspection by Senior Activity Team</p> <p>Powerboat Helms/Activity instructors to be trained in dealing with inverted accessible craft</p>	Low
Injury From Propellers or being struck by a powerboat	All water users	High/Low	<p>Drivers to always remove the killcord from killswitch before recovering people who are in the water or who have any part of their body in the water.</p> <p>All drivers to maintain safe speed relative to proximity of other water users</p> <p>Killcords to be used at all times whilst the killcord is connected, with the exception of the Floating Classroom where the risk of accidental engagement is extremely low due to the placement of throttle</p>	<p>Ongoing visual checks by SO and regular staff training.</p> <p>All powerboat drivers to hold the RYA PBL2 qualification and be authorised by the AM (or someone nominated by them with suitable experience) before driving for CST.</p> <p>Only brand name high quality kill cord strap to be used, attached to the magnetic kill switch provided.</p>	Low

	Alongside towing of craft	High/Low	<p>Whilst it is strongly encouraged not to perform alongside tows on dinghies with crew onboard, this may be necessary at times (so long as the crew are positioned inboard and it is safe to do so).</p> <p>No alongside towing of kayaks, stand-up paddleboards or rafts with persons on board</p>		Low
	Powerboat crew	High/Medium	<p>Helms to communicate to crew when changing gears, speed or direction.</p> <p>Helm to ensure all crew are appropriately seated with 2 solid handholds.</p>		Low
	Swimmers	High/Med	Minimal use of PBs to provide cover for swimmers. Use of zoned areas to separate PBs involved in an activity from swimmers		Low
Collision with public water users	All	Medium / Medium	<p>Choice of operational area. Avoid areas with swimmers in the water.</p> <p>All round lookout while under power</p>	SO to monitor and adapt as necessary.	Low
Collision/entanglement with underwater hazard (rocks, cables, heat pump coils)	All	Medium/Medium	<p>Isolated rocks and rocky shallow areas marked with buoys/exclusion zones</p> <p>Heat coils marked up with small yellow buoys</p>	<p>All users briefed to be cautious when within 5m of shore (and to be seated or kneeled). Daily Information board marking exclusion areas</p> <p>No anchoring in vicinity of heat coils</p> <p>Powerboat helms inducted into Lake and hazardous areas prior to helming independently</p>	Low
Kit Failure	All	Medium / Medium	All kit subject to regular inspection and maintenance.	Any defect kit taken out of action and either identified as out of order or removed from use.	Low
Cold and	Staff	Medium/Medium	Use of qualified, experienced, trained staff.	SO supervision and monitoring of well-being. CST provide PPE.	Low

Hypothermia	Students & General Water Users	Medium/Medium	<p>Adequate briefing and provision of wetsuits.</p> <p>Students asked to bring windproof jacket to on water sessions.</p> <p>SO able to refuse any person entry to the water or remove someone from the water</p> <p>Equipment Hire & Self Launch T&Cs strongly recommend wetsuits in the winter months (Nov-Mar) where there is a high risk of immersion</p>	<p>CST have a range of wetsuits and windproofs available for student use.</p> <p>SO to make decision if U18s to take part in activity without suitable clothing.</p> <p>SO/Instructors to monitor group/individuals for signs of cold.</p> <p>Water temperature monitored and communicated on Daily Information Board</p> <p>Foil blankets in Safety Barrels and Shore first aid kit</p>	Low
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	Swimmers	High/High	Each swimmer is different, CST does not impose wetsuits as a rule, but rather asks each swimmer to consider their own well-being taking into consideration water temperature, duration in the water, experience of cold water (and therefore personal knowledge)	All swimmers supervised and monitored LG & SO can remove anyone from the water at any time Water temperature monitored and communicated on Daily Information Board	Low
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Cold water shock & after drop	Swimmers	High/High	<p>All swimmers asked to acclimatise prior to exercise and/or going out of depth throughout the CST Swimmers Code of Conduct and messaging at the Swim Area</p> <p>Advice on how to recognise cold water shock and symptoms of afterdrop available in the CST Swimmers Code of Conduct and messaging on the website and around the Swim Entry/Exit areas</p>	<p>All swimmers supervised and monitored by competent person who holds a valid, in-date first aid qualification</p> <p>Thermal blankets available in first aid kits</p>	Medium
Heat and Hyperthermia	Students and staff	Medium/Medium	Regular breaks for rehydration and shade. Encouragement from Instructors/SO for groups to re-hydrate.	SO supervision. Students asked to bring full water bottle to each session, with drink refill points on site.	Low
Sunburn	Students and staff	Medium/High	<p>Instructors should 'recommend' to adults and 'strongly recommend' to children that they apply a high-factor sun cream before of sessions, and frequently throughout the day.</p> <p>Instructors to build in regular shade opportunities in periods of strong sunlight.</p>	<p>Suncream is provided by CST for those who do not have their own (especially Juniors)</p> <p>Information sent out within course confirmation letters of importance of providing own suncream/sunhats.</p>	Low
Cut Feet	All	Medium/High	Suitable footwear should be worn by students and staff when operating ashore or afloat (something that won't slip or kick off)	<p>Instructor briefings for students. Outlined in joining instructions and website communications.</p> <p>CST have a small supply of footwear available for use</p>	Low
Trapped body parts between activity kit and/or pontoon	All	Medium/Medium	Students to be briefed by Instructors to prevent.	<p>Any trip hazards on pontoons (or damage to pontoons) to be dealt with as soon as they are discovered. Pontoons to be kept clear of guano build up.</p> <p>Suitable size operating area to avoid overcrowding/increased risk of collision.</p>	Low

Injury from falling off kit into shallow water	All	Medium/Medium	<p>All users informed, as far as is reasonably possible, that the water by the shore is shallow – through instructor briefing and/or safety brief.</p> <p>Instructors avoid games that involve standing up in shallow water.</p> <p>Isolated shallow areas to be marked / buoyed</p>	<p>The discipline specific SOPs to highlight any specific hazards for Instructors to be made aware of and include in session briefings.</p> <p>All CST activity staff inducted in to operating areas (to include hazardous areas)</p>	Low
Loss of communication from on water to shore	Staff	Medium/Low	<p>Powerboat drivers, and in most cases Instructors, where possible to carry a PMR radio or VHF.</p> <p>SO to carry operational mobile phone when Learning Centre phone not staffed.</p>	<p>All powerboat safety barrels contain whistle to raise attention.</p> <p>TL is a 10-acre quarry, with almost total visibility of operating areas from shore.</p>	Low

Head Injuries	Participants	High/Med	HELMET POLICY: As a standard practice helmets should be offered to all, regardless of ability and conditions. CST require helmets to be worn when certain parameters are not met (student ability, wind conditions, kayaking, raft building or other mitigating factors). The SO or an Instructor can require helmets to be worn at any time.	Activity Specific Ops to cover the specific requirements for that discipline relevant to age and conditions.	Low
	All	High/Med	Diagnosis of serious head injury, either immediate or delayed.	All head injuries from water-based activity reported to the SO. All patients leave with the CST advice sheet for head injuries with symptoms to look out for should the condition deteriorate. Any doubt or abnormal symptoms, precaution is taken to recommend the patient seek medical advice, or emergency services called.	Low
	Swimmers	High/Low	No diving permitted from any structure	No Diving signs up around site. Mentioned in CST Swimmers Code of Conduct	Low
Lost/missing persons	All	High/Medium	All participants continuously supervised by instructor during session with regular head counts. Accurate register kept by SO of all students and swimmers taking part in sessions with robust signing in/out system in place. Sweep of the water done before water closed for the day	All student U16 signed out to parent/guardian/school teacher after at the end of session. SO informed at first opportunity of any potential lost/missing person who will implement the “ <i>Lost/missing person</i> ” policy. TL is a 10-acre quarry, with almost total visibility of operating areas from shore.	Low
Being abandoned on the water when water has closed	All	Med/Low	All students counted in by instructor. Regular observation of water by SO and other staff, as per CST Safety Policy.	At water close, the SO to ensure that the water has been cleared of all persons and equipment with a visual and/or actual sweep of the water made	Low
Adverse weather: squalls / lightning strike / restricted visability	All	Low/Medium	Participants to be removed from the water (when adverse weather is in close proximity (thunder/lightning within 4s of each other) and taken into a place of safety until it has passed.	Daily weather report included as part of SO briefing to activity instructors. Where risk of adverse weather is highly likely, consideration should be made to not go out or choice of operating areas.	Low

Water-related diseases	All	Medium/Medium	Instructors to remind participants that open cuts, grazes or wounds are suitably covered.	Medical tape and plasters available in first aid kits. Advice in CST Swimmers Code of Conduct	Low
Illness/cross contamination from CST provided apparel	Water users	Low/Low	Any communal kit to be rinsed in mild disinfectant and washed in fresh water between uses		Low
Medical ailments	Staff/Students	Medium/High	Medical information captured on the Participant Consent form or Staff Info form with relevant details shared with the SO/Instructors where appropriate. For high dependency students, the carer, with in depth knowledge of participants needs, will be on site for duration on activity	Instructors ask students of any medical concerns during initial briefing. Consideration on an individual basis as to adaptations or suitability to take part in activity and/or how medication kept throughout session	Low

Floating Classroom (in addition to General Activity Afloat)

HAZARD	RISK TO	Low, Medium or High (severity/likelihood)	CONTROLLED BY ACTIONS	FURTHER ACTION	Residual risk rating (after further actions)
Loss of control of Floating Classroom (FC)	Other water users	High/Low	FC not to be used where wind speed (base) exceeds Force 6 Anchor carried on board Safety boat available		Low
Grounding of FC	Users	Low/Low	Inducted powerboat helm	Oar carried on board for 'pushing off'	Low
Man Overboard	Users	Medium/Low	Gate to be securely fastened shut before leaving pontoon Supervision & briefing of those aboard to not climb on railings or seat	Throwlines and lifebuoy available on FC	Low
Medical situation aboard	Users	High/Low	First aid kit available on board Helm to carry Walkie-Talkie/PMR and be in communication with shorebased support Students with additional needs to have family member or carer aboard to provide primary care	At least one qualified person aboard (either Helm or Crew)	Low

Person Hoist (in addition to General Activity Risks)

HAZARD	RISK TO	Low, Medium or High (severity/likelihood)	CONTROLLED BY ACTIONS	FURTHER ACTION	Residual risk rating (after further actions)
Mechanical Failure of hoist	User	High/Low	Hoist maintenance in line with LOLER requirements. General inspection of hoist before use. All hoist operators given training in the role by a competently trained CST Staff	If safety line present, it must be used Any signs of defect or uncertainty the hoist is put out of action or SO advice sought	Low
Failure of sling	User	High/Low	Sling maintenance in line with LOLER requirements. General inspection of sling before use.	Any hardening of material, rips, burns, substantial fraying within fabric – sling not to be used and placed out of action	Low
Misuse of hoist	All	High/Medium	All hoist operators given training in the role by a competently trained CST Staff	Hoist taken away from pontoon when not in use Authorised personnel on pontoon only	Low

RISKS ASHORE: General

HAZARD	RISK TO	Low, Medium or High (severity/likelihood)	CONTROLLED BY ACTIONS	FURTHER ACTION	Residual risk rating (after further actions)
Injury due to slip or trip	All	Medium/High	Risks identified to new participants as soon as possible No running or jumping unless specifically notified for activity. Boats to be kept tidy, pontoons, changing facilities, surfaces and areas kept clean and clear as is reasonably possible.	Adequate control of students by Activity Instructors and CST Staff	Low
Injury due to sharp objects on	All	Medium/High	Footwear to be worn by students and staff at all times. Footwear to be strongly recommended to general water users (with the exception to swimmers – see next point)	In the event a student does not have appropriate footwear – the SO to make	Low

shoreline and at waters edge			Swimmers advised of risk of sharp and submerged objects at sign in SO to be notified of dangerous objects.	a dynamic assessment taking in to consideration the student, activity and conditions Monitoring by CST Staff and Lifeguards. Astroturf/matting available to be put down for swim sessions	
Injury or Death due to fall from height	All	High/Medium	Users not allowed to climb any rocks, cliffs or shorelines.	Adequate control of students by instructors and CST Staff	Low
Drowning following unintended immersion	All	High/Medium	PFDs to be worn when near water Lifebuoys located at waters edge for public use Pontoons to be marked as 'No Access'	Adequate control of students by instructors. Guests informed of no access to water when independent of a CST activity or hire	Low
Injury due to rockfall	All	High/Medium	Participants to be kept away from unstable cliffs. Hazardous areas to be marked up		Low
Manual handling of kit	Staff/ Participants	Medium/Medium	Supervision/instruction in correct lifting techniques. All to stay uphill of boats being launched down hill	No lifting of kit without a sufficient number of people available. Instructional team to advise on this. SO to monitor.	Low
Electrocution from charging electric engines afloat	Staff	Low/High	Charging of the torqeedo cruise to be done by trained persons only. Inspection of cable prior to use. Care taken to keep cable ends out of water. Cable set up and connected before turning Floaty's isolator on. Floaty isolator turned off before disconnecting charging ends	Any damage to cable to be reported to LI or AM and taken out of action	Low
Electrocution from electric engines	All	Low/High	Electric engines to not be dismantled by untrained persons		Low
Fire	All	High/Low	Please see Fire Safety Risk Assessment		Low

RISKS ASHORE: South Bank specific

HAZARD	RISK TO	Low, Medium or High (severity/likelihood)	CONTROLLED BY ACTIONS	FURTHER ACTION	Residual risk rating (after further actions)
Associated risks 'ashore' e.g. rockfall, falling from height, cold and exposure, heat and sunburn are covered in 'Risks Ashore; general section'					
Proximity of activity areas to water edge – Staff/ Participants entering water without PFDs and associated risk of cold-water shock and Injury/Drowning	All	High/Medium	<p>CST staff to manage a good transition to 'land based' sessions on south bank upon arrival and before removing PFDs</p> <ul style="list-style-type: none"> Land based on South Bank - buoyancy aids back on before returning to a pontoon or any craft Water based on South Bank - buoyancy aids only removed whilst in the classroom shed and must be put back on before leaving the shed <p>SO and CST Staff to follow EAPs in event of anyone entering the water unintentionally without a PFD at South Bank e.g. immediate radio call to activities manager senior instructor for assistance, keep other participants safe, initiate recovery of person.</p> <p>CST staff to brief all participants about keeping safe distance from water edge hazards and pontoons.</p> <p>Water edge hazards visibly marked up</p> <p>Boundary of water's edge marked by physical and visual barriers such as boulders, planters and natural vegetation</p> <p>Lifebuoys located at water's edge for public use</p> <p>Pontoons to be marked as 'No Access' unless wearing a PFD</p>	<p>Ladder added to centra pontoon to provide an easy exit from the water</p> <p>Safety drills for CST staff to practice recovery of person from water at South Bank</p> <p>Adequate control and supervision of participants by CST staff</p>	Medium/ Medium

Risk of injury due to climbing and falling from trees	All	High/Low	CST staff to instruct all participants not to climb trees and to stay within the designated activity areas/ paths.	Adequate control of students by instructors and CST Staff	Low/Low
Risk of injury from tree branches/ vegetation scratching skin/ eyes	All	Low/Low	CST staff to instruct all participants not to climb trees or clamber through vegetation and to stay within the designated activity areas/ on paths.		
Risk of participant or staff abandoned on South Bank after activity	All	Med/ Low	All participants counted in by CST instructor. CST staff to supervise participants at all times and to inform the office of any missing participant before conducting search of activity sites. Participants briefed on importance of staying within the bounds of the activity area and to follow instructions given by CST staff		
Risk of poisoning or skin damage from ingesting or touching poisonous plants or mushrooms	All	Low/Low	CST staff to brief group not to touch or eat any berries, mushrooms or plants encountered on session and to inform staff if any concern arises from contact with vegetation. Participants instructed by staff to stay with the designated areas and pathways.	CST staff to monitor the South Bank for any possible poisonous plants or mushroom e.g. hogweed, and report back to SO and activities manager for action to be taken if required.	

Activity Risks: South Bank

ACTIVITY	RISK TO	Low, Medium or High (severity/ likelihood)	CONTROLLED BY ACTIONS	FURTHER ACTION	Residual risk rating (after further actions)
Fire building, lighting and use of.	Staff/ participants	High/Medium	Activity always supervised by competent, first-aid-trained CST staff. Activity only takes place in designated fire pit/container. Firepit areas marked by visible boundaries of safe distance from fire e.g. a rope or sticks laid at a safe distance around the fire depending on age and competency of group	Water and Sand available to extinguish fires, alongside a fire blanket and fire extinguisher located at South Bank Building	

<p>Risks risk of burns.</p> <p>Risk of uncontrolled fire.</p> <p>Poor participant behaviour jeopardising safety of participants/the mselves</p> <p>Smoke inhalation worsening/causing asthma symptoms</p>			<p>Clear safety briefing by staff before activity takes place, with demonstrations of appropriate use of fire pit, e.g. Kneeling posture near fire.</p> <p>Set rules around use of fire, e.g. no running/jumping by firepit, nothing taken out of fire once in. Long hair and loose clothing/ cords/ scarves to be tied back/ removed before fire lighting. Rules clearly displayed at firepit.</p> <p>CST staff to consider weather conditions particularly the direction and strength of wind in placement of fire pit to minimise risk of sparks causing unintentional fires. Fires to be extinguished with water/sand at end of session. Fire lighting equipment stored securely when not in use</p> <p>Good group management and vigilance to hazards by CST staff, Staff briefed to stop or alter the session if required to keep participants safe.</p> <p>Staff to brief participants to sit out of the smoke</p>	<p>Burn gels and cling film in South Bank first aid kit and buckets to pour cool water from lake onto any burns</p>	
<p>Cooking/ boiling water on campfire</p> <p>Burns and scalding from boiling water/ food, hot cooking utensils,</p> <p>Cuts from sharp cooking utensils/ knives.</p> <p>Allergies/ allergic reactions to food</p>	<p>Staff/ participants</p>	<p>High/Medium</p>	<p>Activity always supervised by competent, first-aid-trained CST staff.</p> <p>All participants given clear safety briefing by staff before activity begins, including dangers of boiling water/ not overfilling kettles.</p> <p>Safe use of Kelly kettles demonstrated by instructors. No bungs or whistles to be fitted to Kelly/ Kettles when boiling water</p> <p>Heat-proof gloves to be used when handling cooking utensils First aid kit Safe use of sharp knives or Utensils (See Using Sharps)</p> <p>Awareness of allergies for all staff and provisions made for these in session plan.</p>	<p>First aid kit available at south bank.</p> <p>Buckets available for cooling burns with water from the lake</p> <p>Food hygiene L2 courses for Staff running cooking sessions.</p>	

<p>Food poisoning/ illness from ingesting poorly prepared/cooked food.</p> <p>Smoke inhalation worsening/causing asthma symptoms</p>			<p>Good food hygiene practices carried and demonstrated by instructors and staff. Staff ensuring food preparation surfaces and utensils are clean and preventing cross contamination. Staff ensure all food is properly cooked before consumption and avoid food that may 'spoil' easily without refrigeration.</p> <p>Staff to brief participants to sit out of the smoke</p>		
<p>Suction Archery</p> <p>Injury from impact of suction arrow, particularly to face.</p> <p>Injury from incorrect use of Bow, e.g. firing Bow without arrow</p> <p>Participants tired, dysregulated or unable to listen to/follow instructions/rules - jeopardising safety of others /themselves</p> <p>Injury from Kit Malfunction</p>	<p>Staff/ Participants</p>	<p>Low/ Medium</p>	<p>Activity closely monitored and supervised by CST staff.</p> <p>Clear briefing to all participants before session on the rules and structure of session e.g. explain boundaries, proper use of bow, direction to shoot safely etc.</p> <p>Using suction arrows rather than arrows with points makes archery more of a game than a sport, but the activity will be treated as though the arrows have points for group control and to prepare students for future archery activities at TL or elsewhere.</p> <p>All equipment to be checked by CST staff prior to session</p> <p>CST Staff continually monitor behaviour and concentration levels of participants to assess risks and to pause or stop session if required.</p>	<p>Consultation of an archery organisation such as Archery GB or Field Archery Association member and associated Risk Assessments</p>	

<p>Using sharps Including: use of knives/ edge tools for whittling/ carving or cooking; use of hand saws/ bow saws for woodwork; sharp tools in gardening. Sharpening tools</p> <p>Cuts and injuries from use of sharp knives and tools including sharp whittled sticks injuries due to use of knives or tools that are blunt or poorly maintained</p> <p>Injuries though mistakes by tired or dysregulated participants</p> <p>Poor participant behaviour jeopardising safety of participants/themselves</p>		High/Medium	<p>Activity closely monitored and supervised by competent CST staff. CST Staff continually monitor behaviour and concentration levels of participants to assess risks and to pause or stop session if required.</p> <p>Any injury or cut to be quickly from a sharp blade or tool to be assessed by CST staff and first aid administered as necessary</p> <p>Clear briefing and demonstrations on safe use of knives and tools by CST staff before activity begins</p> <p>Blunt tools are more hazardous than properly maintained and sharpened ones. All sharp knives and tools to be regularly checked and maintained by CST staff and any faults or issues to be reported and the tool or knife to be removed from use until rectified</p> <p>Consider dummy runs with cover on knives or saws to demonstrate safe use and develop participants muscle memory.</p> <p>Briefing of 'blood bubble' - two arms plus tool's length constant safe distance away from others unless 'buddied' with other</p> <p>Supervision of whittling activities, sharp sticks to be used only over the fire e.g. roasting marshmallows/ toast. Sharp sticks to be collected by CST staff and made safe.</p> <p>Sharp tools and knives to be securely locked away when not in use and at the end of every session.</p> <p>All sharp tools and knives must be signed out at the start and counted back in at the end of a session by a CST staff member using the sign in book. Any knives or tools that are missing must be reported and accounted for before any participant leaves the site.</p>	<p>Consider bleed kit as part of South Bank/ Trevassack Lake first aid kits.</p> <p>Sign in/out book for knives/ sharp tools.</p> <p>Sharps in a clearly labelled and lockable box</p>	
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<p>Gardening</p> <p>Examples include (not limited to): creating garden spaces, planting raised beds, handling soil, potting plants, weeding, digging, use of hand tools such as spades or trowels.</p> <p>Injury from lifting heavy items such as bags/buckets of soil and wheelbarrows.</p> <p>Infections from bacteria in soil in previous cuts or wounds</p> <p>Illness or sickness after ingesting bacteria from soil after gardening</p> <p>Injuries from sharp gardening tools (see Using Sharps)</p>			<p>CST staff to plan achievable session for participants and to assist where necessary with regards to health and safety / lifting. Brief participants not to try to move items that are very heavy. No lifting of kit without a sufficient number of people available.</p> <p>Any pre-existing or new cuts to be cleaned and covered with appropriate plaster before continuing with session.</p> <p>CST staff to re-enforce and model good hygiene and hand washing during and after activity and especially before handing or ingesting food or drink.</p> <p>Participants instructed not to eat or drink during the gardening session without having washed their hands first.</p> <p>Any injury from tools to be assessed by CST staff and first aid administered as necessary.</p>	<p>Set up simple washing station with sink bowl, water, biodegradable hand soap</p>	
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<p>Bushcraft Examples include (not limited to): Knot and lashings, shelter building, nature identification, tracking games, natural navigation, wilderness first aid</p> <p>Injury from lifting heavy items, e.g. rocks, logs for shelter building. Shelters falling onto participant/s causing injury</p> <p>Participant/s lost in environment during activity</p> <p>Risk of cuts and injury from hand tools and sharps - See Using Sharps</p>		<p>Medium</p>	<p>CST staff to plan achievable session for participants and to assist where necessary with regards to health and safety / lifting. Brief participants not to try to move items that are very heavy. No lifting of logs or heavy items without enough people available.</p> <p>Shelter Building activities are always monitored by CST staff and any unsafe actions or structures will be made safe or stopped by staff.</p> <p>CST staff to run appropriate bushcraft activities and to brief participants to stay within the bounds and paths of the site.</p> <p>Regular head counts and all participants counted in and end of session by CST instructor.</p> <p>CST staff to always supervise participants and to inform the SO of any missing participant before conducting search of activity sites</p> <p>Any injury from tools to be assessed by CST staff and first aid administered as necessary.</p>		
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<p>Woodwork</p> <p>Activities include and not limited to: green woodwork, wood carving/whittling, sawing, willow structures, sign making, basic carpentry, sharpening tools</p> <p>Risk of injury to eyes/ scratches to skin from handling sticks / branches</p> <p>Risk of injury from woodworking tools and sharps including pointed whittled sticks- See Using Sharps</p>		<p>Medium/Medium</p>	<p>CST staff to brief and run an achievable session, monitoring participant behaviour and concentration levels.</p> <p>Briefing to include keeping sticks low and away from others and to discourage any running with sticks or waving around.</p> <p>Staff to offer regular breaks and to pause or stop session if necessary</p> <p>Any injury to be assessed by CST staff and first aid administered as necessary.</p> <p>Tool talks and Clear Demonstrations with ‘dummy runs’</p> <p>(See using sharps for use of sharp tools, knives and saws)</p> <p>Tools to be securely stored with covers on, locked away after use/ end of session. Access to tool storage area is restricted when not in use.</p>		
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<p>Arts and Craft clay pots/models, flag making, painting and drawing, natural dyes and paints, printing, textile crafts</p> <p>Hazards and associated risks of some paints and chemicals in arts</p> <p>Risk of cuts/injuries from using scissors or sharp art tools see Using Sharps</p>		Low/Medium	<p>Art activities to be assessed by CST staff on a session-by-session basis with emphasis on tools to be used/ COSHH and Health and safety regarding paints, dyes or resins.</p> <p>Any hazardous materials are to be cleared with Activities manager prior to session and are to be stored securely when not in use with access restricted</p> <p>Appropriate PPE and clothing/aprons to be worn by Staff and Participants, hair tied back, gloves, goggles etc</p> <p>CST staff to follow any material safety data sheet (MSDS) guidelines and to brief participants regarding safe use and PPE Data sheets to be kept available for all hazardous materials.</p> <p>CST staff to monitor session and participants concentration levels, particularly regarding use of sharp tools and to pause/ stop the session / have breaks if necessary</p>	<p>Any new arts and craft activity considered to have added risks to be assessed and if necessary, a separate specific activity risk assessment made</p> <p>Consider aprons for any 'messy' art activity</p>	Low

Activity Risks: Island

Activity	RISK OF	Low, Medium or High (severity/ likelihood)	CONTROLLED BY ACTIONS	FURTHER ACTION	Residual risk rating (after further actions)
Raft Building	Entrapment	Medium/Medium	Immersed entrapment is unlikely within raft building due to the open nature of the rafts constructed.	Instructors to brief and monitor students on positioning on the raft.	Low

			Entanglement: instructors continuously monitor sturdiness of raft during use and cease the activity at any sign of it dismantling. Students briefed on what to do in the event of raft dismantling.	Instructors to check the raft for sturdiness before being put in use.	
Goose poo Goose poo is slippery and can cause sickness if ingested. Risk of bird flu	All	High/low	Instructors to check raft building area before sessions starts and clear if necessary, using rakes/brooms. Session plan to be adapted if conditions cannot be made safe ahead of session.		Low
Risk of injury due to climbing and falling from trees	All	High/Low	CST staff to instruct all participants not to climb trees and to stay within the designated activity areas/ paths.		Low
Risk of injury from tree branches/ vegetation scratching skin/ eyes	All	Low/Low	CST staff to instruct all participants not to climb trees or clamber through vegetation and to stay within the designated activity areas/ paths.		Low