

Risk & Operational Assessment Activities /

Next Review: Dec 2025

Run Around Quiz

Centre: Whitemoor Lakes	Assessed By: Nicola Whiting (Chief Instructor) Alex Jones (Senior Instructor)	ASSESSED	ASSESSED	ASSESSED	ASSESSED
		Sep 2024			
		Nov 2024			

Overview:

Run Around Quiz is offered as an activity for groups. It is a great session for building social interaction between leaders and group members, whilst also continuing to grow peer-to-peer relationships and teamwork. In small teams they will walk/ run around the site completing several tasks and questions in the time permitted. Ratio is 2:48.

STEP ONE	STEP TWO	STEP THREE	STEP FOUR	STEP FIVE
List significant hazards here:	List groups of people who are at risk from the hazards you have identified:	List the Control Measures for the identified risks:	Identify any residual risk remaining after the control measures have been put in place:	Identify any benefits that may result from exposure to the perceived and residual risk for participants:
Falling / slips & trips	Instructors Guests Public.	In House Training Emergency procedures First aider always present First aid & near miss forms	With the nature of this activity, small bumps and bruises can be inevitable.	Moving on uneven ground is proven to help with balance and depth perception.
Incorrect use/ Misuse of equipment	Instructors Guests Public	Safe Working practice Session guide Equipment safety checks Group leader responsibilities	Potential of guests not adhering to the safety brief.	Equipment could be completely fenced off and locked or access to outside areas could be refused however this would have a negative aesthetic impact on the environment and prevent use of outside areas for recreation.
Unauthorized access to equipment	Public Guests	Staff use authorisation procedure "No Access" signs Fence and gates around area Safety brief with boundaries given.	Misuse of equipment by outside parties/ trespassers.	Equipment could be completely fenced off and locked or access to outside areas could be refused however this would have a negative aesthetic impact on the environment and prevent use of outside areas for recreation.

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Cold/Heat/ extreme weather	Instructors Guests	Centre is within 200m of the north shore Adequate clothing for the environment, survival shelters are available. First aid and near miss forms. Extra layers for colder weather, and drink breaks for hotter weather. Lightening protocol in place.	Weather-wind and/or rain/Sun/lightning	Exposure to cold/heat and inclement weather has proven positive developmental effects and teaches people about their limitations.
Drowning (River & Lake)	Instructors Guests	Safe Working practice Session guide Group leader responsibilities Emergency procedures All instructors are first aid trained First aid & near miss form. The course is set out for the clients not to pass boundary line to get close to the lake/river. Life rings are spaced on the bank.	The clients can usually be seen all the time from a suitable location outside the activities Hub.	The clients have sense of freedom from the instructor while carrying out the task set, as well as knowing they can still see the instructor and ask for help if needed.
Going into out of bound areas	Guests	Safety brief Torches for dark nights High-vis jackets to identify groups. Location of instructors given to participants. Lost Child Procedure	The clients can usually be seen all the time from a suitable location outside the activities Hub. Torches may be shared amongst the guests, and some may not stay together or not using the torch sensibly.	The clients have sense of freedom from the instructor while carrying out the task set, as well as knowing they can still see the instructor and ask for help if needed. Small teamwork, considering others and their safety.

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Falling Object	Instructors Guests	Course does not enter activity areas. It may pass beneath the Zip-wire, but safety brief is given and a skill to avoid going under the zip wires.	Individuals may not follow safety briefing.	