

Abseiling Risk Management Plan



School: _____ Year: _____ Dates: _____

Program: _____ Supervising Staff: _____

Activity Context

Abseiling at Lutanda Yarramundi is located on the activity tower on the wall facing the entrance to the property. Abseiling is a fun and challenging activity designed to place participants in limited control of a descent from a height. Abseiling helps participants face fears, take responsibility, develop confidence, and improve communication.

Leader to Participant Ratios

1 **Activity Facilitator** to 17 participants

For all groups with participants under 18yo:
Group is required to have a **Supervising Adult/Teacher**, provided by the group, present

Variations to ratio requirements may occur on a group by group basis.

Participation Requirements

Minimum Age: 8 years of age

Variations to participant requirement may occur on an individual client assessment.

Equipment

Participants are required to wear/have the following:

- Appropriate environmental protection (ie. Hat, sunglasses, t-shirts, raincoat, warm clothing)
- Enclosed footwear
- Adequate water
- mid-thigh or longer length pants for protection from harnesses
- Any personal medication required (ie, asthma, epipen etc.)

The following personal protective equipment is provided and must be worn by participants:

- Harnesses (for everyone abseiling)
- Gloves (for everyone abseiling)
- Helmets (for everyone at the base of the tower and abseiling)

Activity Facilitators

Activity Facilitators are Lutanda Activity Staff or equivalent.

Activity Facilitators are trained and signed off as competent to run activity by qualified permanent Lutanda staff member.

Activity Facilitators hold current first aid and CPR certificates.

Note: Where it is not specified the management of risk is expected to be undertaken by the Activity Facilitator.

Emergency

Activity Facilitators have small First Aid Kit and Comms available throughout each session.

Large First Aid Kit available in First Aid/ PA room in main dining hall.

For minor incidents, Activity Facilitator communicates with Activity Manager or Site Manager and fills out Incident Report Form.

For major Incidents/ fatality, Activity Facilitator manages scene, performs initial First Aid and calls **000** when Activity Manager or Site Manager is not available. Activity Facilitator fills out Incident Report Form.

Yarramundi site is less than 1 hour from ambulance care. First Aid is performed in this context.

Risk Management Plan

Hazard / Risk Description	Existing Control Measures	Risk Rating (after control measure put in place)		
		Likelihood	Consequence	Risk Rating
Activity Specific – Risk factors specifically associated with activity at Lutanda Yarramundi				
Fall from height caused by: <ul style="list-style-type: none"> Harness not fitted properly while participating in activity Falling off the platform while on the tower 	<ul style="list-style-type: none"> Participants to wait at the bottom of the tower until instructed to come up by Activity Facilitator Participants attached to safety line before approaching the edge and getting hooked up to the abseil. Activity Facilitator attached to safety line while working near edge and setting up Activity Facilitator gives harness briefs and ensures harnesses are worn correctly. Activity Facilitator conducts ABCDE checks (checking anchor, carabiners, knots, harnesses and helmets are done correctly) before 	Rare	Catastrophic	Medium

Hazard / Risk Description	Existing Control Measures	Risk Rating (after control measure put in place)		
		Likelihood	Consequence	Risk Rating
	<p>each participant is un-attached from their safety line and told they may commence abseiling.</p> <ul style="list-style-type: none"> Participants are connected to an abseil line and top belay line (controlled by Activity Facilitator) while abseiling Ropes protected from sharp edges with protective equipment Equipment rated and maintained for loads well above actual load placed upon it 			
Lose of Control by participant abseiling, causing falling or entrapment	<ul style="list-style-type: none"> Participants briefed about and demonstrated correct abseil technique at the start of the session. Instructor monitors abseiler and gives instruction when required to improve technique. Activity Facilitator helps control descent through top belay if required. 	Rare	Catastrophic	Medium
Inverting Where person abseiling flips upside down while abseiling (usually occurs during take off)	<ul style="list-style-type: none"> Anchors of abseil set high above take off point minimise this. Participants briefed about and demonstrated correct abseil technique at the start of the session. Activity Instructor monitors feet placement and body position of participants and gives instruction to minimise inverting. Activity Facilitators helps control descent with top belay if participants look like they may invert. Activity facilitator calms and reassures participants who have inverted and gives instruction and help (if possible and required) to re-invert. 	Unlikely	Minor	Low
Impact Injury caused by slipping and hitting the wall while descending; or Landing on ground too hard	<ul style="list-style-type: none"> Participants briefed about and demonstrated correct abseil technique at the start of the session. Activity Facilitator provides instruction during abseil to help placement of feet Activity Facilitator helps control descent through top belay if required. 	Unlikely	Minor	Low

Hazard / Risk Description	Existing Control Measures	Risk Rating (after control measure put in place)		
		Likelihood	Consequence	Risk Rating
Entanglement <ul style="list-style-type: none"> Fingers trapped between belay and abseil rope. 	<ul style="list-style-type: none"> Participants instructed where to hold with their spare hand so that it will not get caught. 	Unlikely	Minor	Low
Entrapment in Figure 8 of <ul style="list-style-type: none"> Jewellery Hair Loose Clothing Scarves etc. Fingers Causing discomfort and participants to be stuck on abseil.	<ul style="list-style-type: none"> All loose clothing, jewellery and other objects that may become entangled are to be removed for the activity Long hair is to be tied back for the activity in low pony tail or braids Participants briefed on where to place hands on rope / away from equipment Abseil is set up with releasable abseil rope anchor and top belay system enabling Activity Facilitator to lock off belay rope and release abseil rope to enable entrapment to be freed OR to lower participant to the ground by lower from belay and abseil rope simultaneously. 	Unlikely	Minor	Low
Objects falling from Tower or persons and causing injury to participants below	<ul style="list-style-type: none"> Loose equipment kept away from abseil edge Participants briefed on safety near bottom of abseil and instructed to wear a helmet when in the area at the bottom of the abseil Loose wearable items on abseiler or Instructor's body fastened abseilers required to wear helmets for activity 	Unlikely	Minor	Low
Rope Burn Caused by excessively fast descent	<ul style="list-style-type: none"> Participants briefed and instructed on proper technique for descent Activity Facilitator helps control descent through top belay Participants wear gloves on the hand they will be using to abseil with (dominant hand) 	Unlikely	Minor	Low
Burn from Figure 8 Being hot immediately after Abseiling	<ul style="list-style-type: none"> Participants warned of this during initial brief and showed technique to avoid touching Figure 8 while dismantling from rope. 	Unlikely	Insignificant	Low
Chafing	<ul style="list-style-type: none"> Participants required to wear mid-thigh or longer length pants. 	Unlikely	Insignificant	Low

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Hazard / Risk Description	Existing Control Measures	Risk Rating (after control measure put in place)		
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Caused by harness rubbing on skin	<ul style="list-style-type: none"> Participants notified of this in advance of commencement of activity. 			
Participant falls Unconscious/ unable to abseil during abseiling.	<ul style="list-style-type: none"> Abseil rope anchor is set up with releasable system, enabling Activity Facilitator to lower participants to ground by releasing abseil and belay rope simultaneously. First aid administered, medical attention sought. 	Rare	Moderate	Low
Slipping/Tripping/ Fall/ From uneven surfaces, equipment, trip hazards, obstacles in the environment.	<ul style="list-style-type: none"> Area inspected by Activity Facilitator prior to activity and any hazards removed or mitigated eg. Sticks & rocks on the ground removed. Equipment in activity area set up in an organised manner to reduce trip hazards Participants to walk up tower stairs and briefed that stairs may be slippery when wet Regular inspections of tower for hazards 	Unlikely	Minor	Low
People – Risk factors associated with the people using the activity				
Participant Behaviour Inability or decision to not follow directions or cooperate	<ul style="list-style-type: none"> Clear behaviour expectations set at start of activity sessions Encouraging supportive environment Activity Instructor collaborates with Adult Supervisor/ teacher to maintaining adequate supervision of all participants throughout the session. Outline consequences of inappropriate behaviour Removal of individual from activity or cancellation of whole activity if safety procedures and instructions are not being followed. 	Unlikely	Major	Medium
Participant Ability Unable to complete activity due to: <ul style="list-style-type: none"> Fear / Anxiety 	<ul style="list-style-type: none"> Activity Instructor promotes a supportive environment Participants briefed according to age, ability, experience Participation is based on meeting requirements 	Possible	Moderate	Medium

Hazard / Risk Description	Existing Control Measures	Risk Rating (after control measure put in place)		
		Likelihood	Consequence	Risk Rating
<ul style="list-style-type: none"> Complacency / Overconfidence Physical Ability 	<ul style="list-style-type: none"> Demonstration of understanding and/or skills must be shown prior to undertaking activity Participants are guided through activity supportively by Activity Facilitator Activities are challenge by choice - participants are positively challenged but not forced to participate in activity 			
Activity Facilitator Unsafe practices leading to an injury to a participant caused by: <ul style="list-style-type: none"> Poor supervision and instruction by Activity Facilitator Incompetence of Instructing activity 	<ul style="list-style-type: none"> Activity Facilitators must follow Standard Operating Procedures at all times Activity Facilitators are trained and signed off as competent to run activity by qualified permanent Lutanda staff member. Formal qualifications in Outdoor Recreation and instructing activity area desired. Communication equipment available readily at activity sessions Vigilant supervision required by Activity Facilitator at all times Leader personal protective equipment and rescue equipment available at activity at all activity sessions 	Unlikely	Major	Medium
Supervising Adult Unsafe practices including: <ul style="list-style-type: none"> Poor supervision by group leaders 	<ul style="list-style-type: none"> Groups briefed on requirement to provide Supervising Adult for groups with participants under 18 years old, prior to camp and activities. Activity Facilitator will stop or cancel activity without adequate supervision from Group Leader 	Unlikely	Major	Medium
Observers Injury to... Guests or others observing activity while it is running	<ul style="list-style-type: none"> Observers not allowed to participate in activity without activity briefing Observers briefed on safe areas to view the activity and monitored by Activity Instructor. 	Unlikely	Major	Medium
Unsupervised Users Injury to... Guests on site when activity is	<ul style="list-style-type: none"> Groups briefed on not using facilitated activities without Activity Instructor Gates giving access to heights locked when not in use. Activity equipment packed and locked away after use. 	Unlikely	Major	Medium

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		Likelihood	Consequence	Risk Rating
not running; Members of public accessing camp land (unauthorised)	<ul style="list-style-type: none"> Signage at low ropes Instructing Unsupervised users to keep off. 			
Equipment – Risk factors associated with the equipment used for the activity				
Structure Failure Safety of the Activity tower, and associated structures or anchors required for the specific activity	<ul style="list-style-type: none"> Activities Tower built by Adventure Developments, an expert provider of Adventure Activity rope and height structures. Yearly inspection conducted by this provider and maintenance conducted as required. 	Rare	Catastrophic	Medium
Equipment Failure Due to improper use, faulty / damaged equipment, wear and tear.	<ul style="list-style-type: none"> Activity Facilitators trained in selection, use, inspection, care & maintenance of activity equipment Activity Facilitators inspect equipment prior to use by the participant each time and not used if there is an issue with the equipment – equipment reported to Activity Manager. Participants briefed on proper use and care of equipment eg avoid standing on equipment and store in designated area when not in use. All equipment clearly stored and labelled for intended activity. Equipment regularly inspected and maintained Equipment stored, maintained and retired according to manufacturer instructions and retired early if showing significant signs of wear and tear. All equipment rated and certified for its use and used according to manufacturer guidelines. 	Rare	Major	Low
Environment – Risk factors associated with the environment including weather				
Exposure to UV rays Causing sunburn	<ul style="list-style-type: none"> Sun smart strategies are encouraged 	Possible	Minor	Low
Exposure to Heat Causing dehydration, heat	<ul style="list-style-type: none"> Sun smart strategies are encouraged Participants are encouraged to drink water, carry water bottles 	Unlikely	Moderate	Low

Hazard / Risk Description	Existing Control Measures	Risk Rating (after control measure put in place)		
		Likelihood	Consequence	Risk Rating
stroke etc.	<ul style="list-style-type: none"> • Guests are briefed on location of water filling facilities on arrival • In extreme heat activities modified / cancelled and alternate activities arranged 			
Cold / Wet Weather Causing hypothermia etc.	<ul style="list-style-type: none"> • Weather conditions regularly monitored for adverse conditions • Participants briefed on wearing suitable protective clothing • Activities modified / cancelled if necessary or alternate activities arranged 	Rare	Moderate	Low
Lightning Strike	<ul style="list-style-type: none"> • Weather conditions regularly monitored for adverse conditions • Activities delayed / cancelled when thunder or lightning is present, participants are moved to safe area. • Activities modified / cancelled if necessary or alternate activities arranged 	Rare	Catastrophic	Medium
Injury, bites or allergic reaction caused by organism	<ul style="list-style-type: none"> • Groups briefed on arrival of appropriate actions for sighting/be bitten by snakes • Area monitored for bees, snakes, spiders and if spotted participants notified of the hazard and managed accordingly. • Prescribed medication readily available if participant is high risk eg EpiPen. • Small first aid kits and radio communication readily available at each activity area, and a more comprehensive first aid kit available in the first aid room if required. Activity Facilitator administers first aid accordingly • Medical attention/ ambulance sought if required. 	Unlikely	Major	Medium
Tree or Tree branch falling on person/s	<ul style="list-style-type: none"> • Regular checks of activity area carried out and appropriate maintenance performed eg. Dead tree branches removed • Participants briefed on safe waiting areas and high risk areas to avoid. • In high winds participants removed from under or near trees deemed high risk eg eucalyptus. 	Rare	Catastrophic	Satisfactory

Risk Ratings

This risk assessment is measured according to the following risk ratings:

Likelihood Ratings

Likelihood is the description of the probability and frequency. The likelihood of the risks occurring as outlined in Lutanda Yarramundi risk management plans is determined after the control measures have been implemented.

Score	Description	Broad description of frequency	Time framed description of frequency
1	Rare	The event may occur, but only in highly exceptional circumstances	Not expected to occur for years
2	Unlikely	Could occur at some time	Expected to occur at least annually
3	Possible	Might occur at some time	Expected to occur at least monthly
4	Likely	Will probably occur in most circumstances	Expected to occur at least weekly
5	Almost certain	Is expected to occur in most circumstances	Expected to occur at least daily

Consequence Ratings

The outcome of an event or situation expressed qualitatively or quantitatively, being the human impact, damage to infrastructure, disruption to public or financial loss.

Score	Description	Injury or impact details
1	Insignificant	Little or no injury requiring no medical attention; Minimal impact on environment; Insignificant adjustments to program; Insignificant damage to property, normal wear; Some difficulty in retaining competent staff; Expected running costs incurred
2	Minor	Minor injuries requiring first aid / some medical attention; Minor impact to plants / animals, no disruption to ecosystems; Rescheduling / replacement of program activities to client satisfaction; Damage requiring small repairs, low cost; Some difficulty in attracting, developing, resourcing and retaining competent staff; Minor costs incurred (<\$250)
3	Moderate	Serious injuries requiring hospitalisation / ongoing medical attention; Ecosystem / landscape self repairs within 12mo; Significant disruption / cancellation of program events; Damage requiring moderate repairs or replacement, moderate cost; Significant difficulty in attracting, developing, resourcing and retaining competent staff; Moderate costs incurred (<\$1,000)
4	Major	Injuries that are life threatening or causing long term disability; Ecosystem / landscape self repairs within 36mo; Program disruption causing loss of program; Damage requiring high cost/projects for repair/replacement; Guest experience and program is majorly affected by lack of competent staff; Major costs incurred (<\$15,000)
5	Catastrophic	Fatality; Irrecoverable loss of ecosystem / landscape; Program disruption causing broad loss of reputation; Massive damage, significant replacement of infrastructure required; Programs unable to be fulfilled due to lack of competent staff; Massive costs incurred (>\$15,000)

The consequence of an incident occurring may vary greatly depending on the individual circumstances of each incident.

Example – A student trips and falls – a detailed analysis of falls might show that although falls occur weekly, more serious injuries from falls only occur once or twice a year. In the main most of the other falls have relatively minor outcomes. Therefore the incident could be scored either according to the severity of the actual outcome, or according to the most likely or typical outcome for that type of incident.

Both approaches are valid, however to ensure consistency Lutanda Mt Yarramundi has adopted an approach to record the most likely or typical outcome for all incidents.

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Risk Rating Matrix

All identified risks are recorded in the following risk matrix according to likelihood and consequence. The purpose of this matrix is to provide a snapshot of all identified risks and establish the level of risk to determine if further treatment is required.

Likelihood	Consequences				
	1 - Insignificant	2 - Minor	3 - Moderate	4 - Major	5 - Catastrophic
1 - Rare	1	2	3 Exposure to cold	4 Harness trauma, equipment failure	5 Fall from height, lightning strike, structure failure
2 - Unlikely	2	4 Falling object, injury from environment, chafing	6 Entanglement, exposure to heat	8 Injury to observers, unsupervised persons, participant behavior, unsafe activity facilitator, participant ability, group leader, allergic reaction	10
3 - Possible	3	6 Slipping, cuts, impact injury, rope burn, inverting, UV exposure	9	12	15
4 - Likely	4	8	12	16	20
5 - Almost certain	5	10	15	20	25

Risk Treatment

1-4 Low Risk

- Risk does not generally need to be managed any further (current controls are adequate), however the risk needs to be monitored for changes in circumstances and current control effectiveness.
- Risk generally may be accepted.

5-9 Medium Risk

- Risk needs to be regularly monitored for any changes and control/treatment effectiveness.
- Risk may be accepted after consideration.

10 -14 High Risk

- Risk is unacceptable, risks must be further treated or removed to bring rating to medium
- Risks are to be re-assessed by Activities Manager

15+ Extreme Risk

- Unacceptable risk, urgent attention is required to treat or remove risks
- Management to consider elimination of activity

Original Risk Assessment Conducted by: *Jemima Robinson, Activities and Hosting Manager, Mt Victoria* Date: 27th January 2016

Reviewed:

V1: January 2017

V2: October 2018, by *Amanda Bennett, Activities Manager, Yarramundi.*

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