



Rock UK Risk Assessment Summary 2022 – Frontier Centre

Activity	Inherent Risks Present							Control Measures In Place						
	Drowning	Falling	Entrapment	Getting Lost	Hypothermia/ Hyperthermia	Emotional Distress	Other Specific	First Aid	Standard Procedures	Activity on site	Protective Equipment	Instructor Competence	Detailed Assessment	Residual Risk
Above and Beyond	No	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	Low
Abseiling	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Aerial Adventure	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Archery	No	No	No	No	No	No	Arrows	Yes	Yes	Yes	Yes	Yes	Yes	Low
Bushcraft	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Campfire	No	No	No	No	No	No	Burns	Yes	Yes	Yes	No	Yes	Yes	Low
Canoeing	Yes	No	No	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Low
Climbing	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Crate Climbing	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Fencing	No	No	No	No	Yes	No	Slips/ trips	Yes	Yes	Yes	Yes	Yes	Yes	Low
High Ropes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Indoor Climbing	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Kayaking	Yes	No	No	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Low
Mission Impossible	No	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	Low
Maze	No	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	Low
Mountain Biking	No	Yes	No	Yes	Yes	Yes	No		Yes	Yes/ No	No	Yes	Yes	Low
Orienteering	No	No	No	Yes	No	No	Slips/ trips	Yes	Yes	Yes	No	Yes	Yes	Low
Paddleboarding	Yes	No	No	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Low
Raft Building	Yes	No	Yes	No	Yes	Yes	Slips/ trips	Yes	Yes	No	Yes	Yes	Yes	Low
Team Development Tasks	No	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	Low
Walk	No	No	No	Yes	Yes	No	Slips/ trips	Yes	Yes	Yes/ No	No	Yes	Yes	Low
Walk the Plank	Yes	Yes	No	No	Yes	Yes	Slips/ trips	Yes	Yes	Yes	Yes	Yes	Yes	Low
Zipwire	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low

Updated: May 2022

Next update due: Jan 2023