

Rock UK Risk Assessment Summary; Frontier Centre 2025 - 2026

Activity	Inherent Risks Present								Control Measures In Place						
	Drowning	Fall from height	Entrapment	Getting Lost	Hypothermia/ Hyperthermia	Emotional Distress	Slips/ Trips	Other Specific	First Aid	Standard Procedures	Activity on site	Protective Equipment	Instructor Competence	Detailed Assessment	Residual Risk
Abseiling	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Aerial Adventure	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Archery	No	No	No	No	Yes	No	Yes	Arrows	Yes	Yes	Yes	Yes	Yes	Yes	Low
Biking	No	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes/No	Yes	Yes	Yes	Low
Bushcraft	No	No	No	No	Yes	No	Yes	Burns	Yes	Yes	Yes	No	Yes	Yes	Low
Campfire	No	No	No	No	Yes	No	Yes	Burns	Yes	Yes	Yes	No	Yes	Yes	Low
Climbing (Indoors)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Climbing (Outdoors)	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Crate Climbing	No	Yes	Yes	No	Yes	Yes	Yes	Crates	Yes	Yes	Yes	Yes	Yes	Yes	Low
Fencing	No	No	No	No	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
High Ropes (Leap of Faith, All Aboard, Gladiator Challenge, Jacob's Ladder)	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Mission Impossible	No	No	No	No	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Low
Orienteering	No	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Low
Paddlesports (Oct-March)	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Paddlesports (April- Sept)	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Low
Raft Building	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Spotlight session (Above and Beyond, Maze	No	No	No	No	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Low
Spotlight session (Outdoor Business)	No	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Low
Spotlight session (Walk the Plank)	Yes	No	No	No	No	No	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Low
Walk	No	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes/ No	No	Yes	Yes	Low
Zip wire	No	Yes	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Adventure Pit	These activities are available as self-supervised activities to supplement your activity programme. As these activities are run without an instructor being present, your group leader will need to take responsibility for these (risk assessments are provided, but may require additional assessment to ensure suitability for your group)							On/ off site walk	These facilities are available as self-supervised activities/ venues to supplement your activity programme. As these activities are run without an instructor being present, you will need to risk assess the activities yourself.						
Adventure Play								Sports Equipment							
Bouncy Castles								Sports Hall							
Campfire								Sports Pitches (hard court/ volleyball/ football)							
Night Line								Meeting rooms, including cinema room							
Orienteering															
Traversing Wall															
If you would like to talk to us about these activities and the equipment we provide for them please get in touch.															

Updated by: Hilary Gyde, Chief Instructor. 24th Sept 2025

Next update due: October 2026