



Rock UK Risk Assessment Summary 2026 – Whithaugh Park

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
Abseiling	no	Yes	Yes	no	Yes	Yes	no	yes	yes	Yes	Yes	yes	yes	Low
Advanced Gorge	yes	Yes	Yes	no	Yes	Yes	Slips/trips	yes	yes	No	Yes	yes	yes	Low
Archery	no	No	no	No	Yes	no	Arrows	yes	yes	Yes	Yes	yes	yes	Low
Bouldering	no	Yes	no	No	Yes	no	no	yes	yes	Yes	Yes	yes	yes	Low
Campfire	No	No	No	No	Yes	no	Burns	yes	yes	Yes	No	yes	yes	Low
Canoeing	yes	No	Yes	No	Yes	Yes	no	yes	yes	yes	Yes	yes	yes	Low
Fencing	no	No	no	No	Yes	No	Foils	yes	yes	Yes	Yes	yes	yes	Low
Gorge Walking	yes	Yes	Yes	No	Yes	Yes	Slips/trips	yes	yes	Yes	Yes	yes	yes	Low
High Ropes	no	yes	No	No	Yes	Yes	no	yes	yes	Yes	Yes	yes	yes	Low
Inflatable's	no	Yes	Yes	No	Yes	No	no	yes	yes	Yes	No	yes	yes	Low
Kayaking	Yes	No	Yes	No	Yes	Yes	no	yes	yes	Yes	Yes	yes	yes	Low
Mountain Bike	No	Yes	No	Yes	Yes	Yes	no	yes	yes	No	Yes	yes	yes	Low
Night/Forest Walk	No	No	No	Yes	Yes	No	Slips/trips	yes	yes	No	No	yes	yes	Low
Night Line	No	No	No	No	Yes	No	no	yes	yes	Yes	No	yes	yes	Low
Orienteering	No	No	No	Yes	Yes	No	Slips/trips	yes	yes	Yes	No	yes	yes	Low
Overnight Camps	No	No	No	Yes	Yes	Yes	Cooking	yes	yes	No	No	yes	yes	Low
Climbing Wall	No	Yes	Yes	No	Yes	Yes	no	yes	yes	Yes	Yes	yes	yes	Low
Raft Building	Yes	No	Yes	No	yes	Yes	Slips/trips	yes	yes	Yes	Yes	yes	yes	Low
River Trip	yes	No	Yes	Yes	Yes	Yes	no	yes	yes	No	Yes	yes	yes	Low
Spotlight session	no	Yes	Yes	No	Yes	Yes	no	yes	yes	Yes	No	yes	yes	Low
Swimming	Yes	No	No	No	No	No	no	yes	yes	Yes	No	yes	yes	Low
Team Development Tasks	No	No	No	No	Yes	Yes	Slips/trips	yes	yes	Yes	No	yes	yes	Low
Wide Games	No	No	No	No	yes	No	Slips/trips	yes	yes	Yes	No	yes	yes	Low
Zip Wire	no	Yes	no	no	Yes	yes	no	yes	yes	yes	yes	yes	yes	Low
Bushcraft	no	no	no	no	yes	no	Burns Slips/trips	yes	yes	yes	no	yes	yes	Low
Geocaching	No	No	No	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes	Low
Low Ropes	Yes	Yes	No	No	Yes	No	Slips/Trips	Yes	Yes	Yes	Yes	Yes	Yes	Low
Slacklining	No	Yes	No	No	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes	Low
Rock Climbing	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Low