

Adventure Physical Risk Assessment

Provider: Alt Outdoors Ltd

Director: Wilfy Gladwin-Nelson

Assessment Date: January 2026

Review Date: January 2027 (or sooner if activities or guidance change)

Activity Scope: Outdoor, practical, educational and community-based activities

Locations: Public land and privately used land with landowner permission

Age Range: 11–18

Staffing Ratios: Flexible, typically 1:1 to 1:8 depending on activity, needs, and risk assessment

What are the significant risks?	Who is at risk?	Controlled hazard measures	I	R	Additional controls	L	I	R	Sign & Done	
Falls from uneven ground or obstacles	Young people	• Qualified staff • Dynamic risk assessment • First aid trained staff • Safeguarding policies • Appropriate PPE • Clear boundaries • Pre-session briefing	3	3	9	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	2	3	6	WG-N 08/01/26
Sprains, strains and overexertion	Young people	• Qualified staff • Dynamic risk assessment • First aid trained staff • Safeguarding policies • Appropriate PPE • Clear boundaries • Pre-session briefing	3	3	9	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	2	3	6	WG-N 08/01/26
Mountain biking falls and collisions	Young people	• Qualified staff • Dynamic risk assessment • First aid trained staff • Safeguarding policies • Appropriate PPE • Clear boundaries • Pre-session briefing	3	3	9	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	2	3	6	WG-N 08/01/26
Mechanical bike failure	Young people	• Qualified staff • Dynamic risk assessment • First aid trained staff • Safeguarding policies • Appropriate PPE • Clear boundaries • Pre-session briefing	3	3	9	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	2	3	6	WG-N 08/01/26
Loss of control on descents or poor surfaces	Young people	• Qualified staff • Dynamic risk assessment • First aid trained staff • Safeguarding policies • Appropriate PPE • Clear boundaries • Pre-session briefing	3	3	9	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	2	3	6	WG-N 08/01/26

What are the significant risks?	Who is at risk?	What are the significant hazards?	Control measures	L	I	R	Additional controls	L	I	R	Sign & Done
Fatigue or dehydration	Young people	Staff/pupil staff	• Staff/pupil staff • Dynamic risk assessment • First aid trained staff • Safeguarding policies • Appropriate PPE • Clear boundaries • Pre-session briefing	3	3	9	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	2	3	6	WG-N 08/01/26
Remote location emergency response delays	Young people	Staff/pupil staff	• Staff/pupil staff • Dynamic risk assessment • First aid trained staff • Safeguarding policies • Appropriate PPE • Clear boundaries • Pre-session briefing	3	3	9	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	2	3	6	WG-N 08/01/26
Travel to off-site locations	Young people	Staff/pupil staff	• Staff/pupil staff • Dynamic risk assessment • First aid trained staff • Safeguarding policies • Appropriate PPE • Clear boundaries • Pre-session briefing	3	3	9	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	2	3	6	WG-N 08/01/26