

# Wellbeing Life Skills 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?	What is the risk?	What are the hazards?	What are the control measures?	L	I	R	Additional controls	L	I	R	Sign & Done
Emotional distress during reflective activities	Young people	Staffed public	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	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
Triggering subject matter	Young people	Staffed public	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	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
Peer conflict or withdrawal	Young people	Staffed public	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	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
Cold exposure during sedentary activities	Young people	Staffed public	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	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
Disclosure requiring safeguarding escalation	Young people	Staffed public	• Activity-specific briefing • Enhanced supervision • Adjust ratios as required • Clear emergency procedures • Ongoing monitoring	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 hazards?	What is the risk?	What are the control measures?	L	I	R	Additional controls	L	I	R	Sign & Done
Travel-related anxiety	Young people	• Staffed public • 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