



Activity Info: Assault Course

Our main assault course offers various elements requiring either strength, balance or a combination of the two. It is an excellent activity for promoting team work in your group.

This is a Group Leader Supervised activity - a responsible adult must be present at all times while this activity is being used.

Participants (adults and young people) should arrive appropriately dressed for the activity. This means:

- Any long hair tied back
- "flappy" or "dangly" parts of clothing tucked away
- Pockets empty of any sharp or bulky items (eg mobile phones)
- Sturdy boots or trainers must be worn to complete this activity.

It is the responsibility of the group leader supervising the activity to check the assault course prior to use and decide whether it is an appropriate facility for their participants to use. Any problems / faults with the assault course must be reported to site services. Please note the following points, when completing your risk assessment:

- The assault course is built in a wooded area. Uneven ground, exposed tree roots and tree stumps present slip / trip hazards to participants and observers.
- The risk of slips and trips on some of the obstacles is much higher when the course is wet - weather conditions must be considered when assessing whether the course is suitable for use by the participating members of your group.
- Many of the obstacles can be overcome by participants working together, however having too many participants on each obstacle element at a time also increases the risk of slips/trips/falls. We therefore recommend that no more than 2 participants are on any individual obstacle element at a time.