



## Health and Safety Policy Statement

Written risk assessments are available for all team building programmes and outdoor activities.

Crosfield Outdoors holds Professional Indemnity & Employers Liability Insurance cover.

Staff are fully qualified in the activity and have received clearance through the Disclosure and Barring Service .

All staff are First Aid Trained.

Through regular risk assessments & staff training, Crosfield Outdoors has taken all reasonable steps to provide you with the level of care and assurances of safety appropriate to these activities. However you should be aware that certain inherent risks remain which are integral to the activity, and which cannot be eliminated without destroying their unique character. The level of real (as opposed to apparent) risk associated with the activities of Crosfield Outdoors is very low. However, the type of risks may be something with which you are not familiar. Depending on which activity that you are undertaking you may be involved with any or all of the following:

Things you may encounter include, but may not be limited to:

**Water activities.** All normal and appropriate precautions will be taken, such as the use of buoyancy aids when appropriate. However, some situations may become stressful for some people. If you have an unusual aversion to water you should let that be known to us, although the ability to swim is **NOT** a requirement.

**Slips and trips.** This is the most common type of accident throughout society and our activities are no exception. We will endeavour to ensure that the consequences of such a slip are not serious but you should be aware that the likelihood of falling over or slipping is likely to be greater than you are used to. Moreover, given the nature of the environment in which these may occur the situation can compound giving rise to a more serious incident.

### **Rough or rugged terrain.**

This may be on mountain or moorland, forestry or rough cultivated land etc. If you are used only to footpaths, tarmac surfaces, and gentle inclines etc. this may come as a bit of a surprise by putting greater strain on joints and muscles than you are used to.

### **Physical effort.**

All our activities involve physical effort which at times may be more than you are used to. This may involve stamina or physical strength. If you have medical conditions or injuries, past or present, which may make some activities ill-advised you should make us aware of them. Rest assured however, that we can accommodate almost anyone provided we know about the condition.

**Environmental risks and hazards** These may include such factors as lightning, floods or rock-fall although the more common would be rapid and significant changes in the weather, or unstable or slippery conditions underfoot.

Crosfield Outdoors have clear obligations and responsibilities and we take these very seriously. However, we expect all participants to contribute to their own and each other's safety by following Staff Instruction.

| <b>Role</b>                        | <b>Name</b>     | <b>Contact Number</b> |
|------------------------------------|-----------------|-----------------------|
| Designated Health & Safety Officer | Kerry Crosfield | 07530137930           |
| Designated Health & Safety Deputy  | Gavin Crosfield | 07792707031           |

**Assessment Date: 11<sup>th</sup> September 2021**

**Review Date: 11<sup>th</sup> September 2022**