

Experiences & Activities- Risk Assessment

to be used alongside the daily forest area risk assessment

		Impact				
		Trivial	Minor	Moderate	Major	Extreme
Probability	Rare	Low	Low	Low	Medium	Medium
	Unlikely	Low	Low	Medium	Medium	Medium
	Moderate	Low	Medium	Medium	Medium	High
	Likely	Medium	Medium	Medium	High	High
	Very likely	Medium	Medium	High	High	High

Assessment carried out by: Emily Riddington







Date: 3rd September 2018



















Signature:















Review Date: September 2019 (unless reviewed beforehand)



















A first aid kit, fire first aid kit, and a burns kit will always be replenished and available for use in the Forest School shed. All staff members have been trained in basic first aid, and Forest School leader (ER) has had training in outdoor specific paediatric first aid.













The control actions are always applied in addition to following our 'Forest Rules'. The children will have discussed and agreed to follow the 'Forest Rules' at the beginning of each Forest school session.

Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
Blindfold games	Stimulating the senses. Developing trust/ relationships. Good fun and an interesting way to explore. Balance and physical development.	Trips, overbalancing, bumps, falls. uneven ground. unpredictable child response. Rubbing eyes (blindfold too tight).	  	child has a partner to guide them (adults to 'advise' suitable partner where possible). Set rules alongside following the Forest rules with the children. check blind fold isn't too tight. Adults to support children as appropriate (nervous, building trust...etc).	  



Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
Trees, roots, and hanging branches	Natural environment. Good habitat for wildlife. Good for children to see.	Branches falling on adult/child. Tripping or slipping over tree roots.	  	Do not go under unsafe branches. No Forest School in strong winds. If about to fall, Forest School trained adults to make area safe. Remind children of forest rules (be careful of uneven ground).	  
Site (includes plants that are potentially harmful to health)	A great learning opportunity (species ID). close observation.	Stings, rashes, scratches, itching, cuts. Poison (upset stomach). Allergic reactions.	  	Educate children (species ID). Set specific rules (do not put fingers/ plants/berryes near mouth or eyes). Adults to be aware of allergies. wash hands as appropriate.	  
Handling and lifting heavy natural objects	Good for physical development. Good for co-ordination. Good for teamwork. Allows children to achieve their ideas (e.g dens, imaginative play, art...) Maths- size, shape, weighing in a real-life context.	Hurt back. Dropping on toes/ head/ body. Scratch/ bruise skin. Throwing at others.	  	Roll heavy objects where possible. work together, no throwing, be careful (remind children of forest rules). Model/guide good lifting to children (straight back, bent knees). Realistic aims (not too heavy).	  

Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
Extreme weather	<p>Experience different weathers across the seasons.</p> <p>Learn about changes/ growing/ the world.</p> <p>Sensory/spiritual experiences.</p>	<p>Sunburn/ heatstroke/ dehydration.</p> <p>Slippery surfaces.</p> <p>Frostbite/ feeling cold/ hyperthermia.</p> <p>Snow covering uneven ground (covering trip hazards).</p>	  	<p>Drinking water always available/ encouraged.</p> <p>Suncream.</p> <p>Appropriate clothing for weather conditions/ forest area.</p> <p>No running when slippery or covered in snow.</p> <p>Fire/ additional clothing as appropriate.</p> <p>In extreme cases, child/children can be taken indoors.</p>	  
Hammock	<p>Relaxing/ fun/ quiet place to reflect.</p> <p>Learn knots.</p> <p>Sharing/ turn-taking.</p> <p>A new experience.</p>	<p>Falling out.</p> <p>Rope burn.</p> <p>unpredictable child response.</p>	  	<p>Max 2 children in hammock.</p> <p>Remind the children of the forest rules.</p> <p>check ground (avoid uneven ground) under hammock.</p> <p>check equipment is in good working order.</p>	  
Play	<p>child's choice (intrinsically motivated).</p> <p>can cover all areas of the curriculum.</p>	<p>unpredictable outcomes/ ongoing new risks arising.</p> <p>unpredictable child response.</p>	  	<p>Remind the children of the forest rules (be kind, help others...).</p> <p>Adults to assist/ discuss ongoing risks as they arise.</p>	  

Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
clay work	<p>Sensory/ changing properties.</p> <p>Good for natural art and imaginative play.</p> <p>can cover lots of areas of the curriculum.</p> <p>connecting with nature/ close observation.</p>	<p>Eating.</p> <p>Getting in eyes.</p> <p>Possible allergies/ eczema.</p> <p>Throwing/ getting hit from unpredictable child response.</p>	  	<p>Discuss not eating/ touching mouth or eyes.</p> <p>Remind the children of the forest rules (no throwing).</p> <p>Adults to be aware of allergies.</p> <p>wash hands after.</p>	  
Handling/ exposure to natural materials	<p>Species ID (close observation).</p> <p>Sensory.</p> <p>can cover lots of areas of the curriculum.</p> <p>Stimulate imaginative play (different uses according to their properties).</p>	<p>Stings, scratches, bites, poisoning, crushing, cuts, upset stomach, allergic reactions (eg itching, rashes, anapholaptic shock), lyme disease.</p>	  	<p>Educate children (species ID).</p> <p>Remind the children of the forest rules (make safe choices, look after nature, be careful).</p> <p>wash hands after.</p> <p>wear appropriate clothing.</p> <p>Adults to be aware of allergies.</p>	  
Bug hunting/ exposure	<p>Species ID (close observation).</p> <p>Emotional connection with wildlife.</p> <p>can cover all areas of the curriculum.</p>	<p>Stings, bites, allergic reactions.</p> <p>Injury or death to bugs.</p>	  	<p>Remind the children of the forest rules (look after nature).</p> <p>Adults to be aware of allergies.</p> <p>wash hands after.</p>	  

Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
Den and Shelter building	<p>can cover all areas of the curriculum.</p> <p>child's choice (intrinsically motivated).</p> <p>Sense of achievement/ creating a special place.</p> <p>Protection from the weather.</p> <p>Learning knots.</p>	<p>Hurt back moving resources.</p> <p>Drop resources on toes/ head/ body.</p> <p>Den falling in.</p> <p>Scratch/ bruise skin.</p> <p>unpredictable child response.</p> <p>ongoing/new risks arising.</p> <p>Rope- strangling, tripping, stop blood circulating, friction burn, whipping.</p> <p>Tent peg- Stabbing, scratching, poking, cutting.</p>	  	<p>Adult support/ guidance with ongoing risk assessments that arise.</p> <p>Remind the children of the forest rules (working together and helping each other).</p> <p>Adult to model and assist good teamwork/ safe moving and handling (straight back, bent knees).</p> <p>Adults to assist children in making realistic aims.</p>	  
Storing tools	<p>Keep them in good working condition.</p> <p>Avoids misuse or being stolen.</p> <p>All tools are in one place so they are easily found.</p>	<p>Misused or stolen tools.</p> <p>Not kept in good working order.</p> <p>Loss of tools.</p>	  	<p>'Adult shed' locked at all times.</p> <p>counting the tools in/out.</p> <p>Adults only to get tools from the shed.</p> <p>Keep the tools in good working order by regularly checking them and using oil cloth to clean.</p>	  

Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
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<p>Fire lighting and cooking on a fire</p>	<p>Sensory. Spiritual/ emotional connection. can cover some areas of the curriculum. New experience. Powerful and empowering. Awe inspiring. Learning new skills. A different way of cooking. Following and understanding more rules. warmth in cold weather.</p>	<p>Burning, scolding, cutting. overbalancing. Smoke in eyes/ inhalation. Fire spitting. cooking stick- impaling, stabbing, scratching, cutting, poking. Allergies/ not attending to dietary requirements. knife use when preparing food (see knife specific assessment).</p>		<p>Forest School trained adult always lights and manages the fire. Follow the 'fire safety procedure' in Forest School handbook. Move out of smoke direction. Be aware of any allergies/ dietary requirements. Remind the children of the forest rules, then add in the fire specific rules (discuss <u>before</u> lighting the fire)</p>	
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FIRE SPECIFIC RULES:






- walk around the outside of the fire circle.
- Enter circle through exit paths and sit on a sturdy log/ bench.
- only walk towards the fire pit if invited by adult.
- kneel by the fire pit.
- Never throw anything onto the fire.
- Do not touch the fire pit, kettle, grill, pans.
- Remind children that food is hot (check temperature before eating/ drinking).






Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
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<p>using loppers</p> 	<p>For pruning and cutting smaller branches with less effort.</p> <p>Good for physical development.</p> <p>New experience/achievement.</p> <p>Empowering/sense of trust.</p>	<p>Amputation, cuts, nicks, bruising, broken bones (blades and hinges).</p> <p>Injury due to twisting and bending.</p> <p>unpredictable child response.</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 20px; height: 15px; background-color: #00FF00; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FFA500; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FF0000; border: 1px solid black;"></div> </div>	<p>used purposefully and <u>appropriately</u> (age, ability and responsibility of individual, and are they the right tool for the job?)</p> <p>Always used under a Forest School leader or assistant's supervision (they will log in/out and gain access from adult Shed). Safety talk and demonstration of how to use and hold safety and correctly (each hand on the orange part of the handles). Remind the children of the Forest School rules.</p> <p>where possible, blades should be held to create a 'crocodile smile' (curved blade under straight).</p> <p>Always check for 'blood bubble'.</p> <p>Always hold the loppers closed and facing down when not in use.</p> <p>A child will be denied access if they break the forest rules.</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 20px; height: 15px; background-color: #00FF00; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FFA500; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FF0000; border: 1px solid black;"></div> </div>
<p>Activity/</p>	<p>Benefits</p>	<p>Risk</p>	<p>Risk</p>	<p>control Actions</p>	<p>New</p>


Experience			Level	(FS leader, assistant, and other adults)	level
<p>using a bow saw</p> 	<p>For cutting green wood such as tree branches and shrubs, or sawing logs to size. They are better for speed as apposed to a neat finish. These require less physical strength than the folding saw and can be used in pairs, so a better saw to begin learning with.</p> <p>Good for physical development.</p> <p>New experience/achievement.</p> <p>Empowering/sense of trust.</p> <p>Social skills (teamwork if working in pairs).</p>	<p>cuts, nicks, bruising, broken bones.</p> <p>Injury due to twisting and bending.</p> <p>unpredictable child response.</p>	  	<p>used purposefully and <u>appropriately</u> (age, ability and responsibility of individual, and are they the right tool for the job?) Leaning on sturdy surface. Always used under a Forest School leader or assistant's supervision (they will log in/out and gain access from adult shed). Safety talk and demonstration of how to use and hold safety and correctly (both hands on the handle, or one hand holding the wood with space away from the blade).</p> <p>only remove blade cover for use, then put straight back on to carry the saw.</p> <p>Remind the children of the Forest School rules.</p> <p>Always check for 'blood bubble'.</p> <p>A child will be denied access if they break the forest rules.</p>	  
Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
using a	For cutting branches and	cuts, nicks, bruising, broken		used purposefully and	

<p>folding saw</p> 	<p>small logs. They can get into more difficult spots (that perhaps the bow saw cannot).</p> <p>Good for physical development.</p> <p>New experience/achievement.</p> <p>Empowering/sense of trust.</p>	<p>bones (blades and hinges). Injury due to twisting and bending. unpredictable child response.</p>	 	<p>appropriately (age, ability and responsibility of individual, and are they the right tool for the job?) Leaning on sturdy surface. Always used under a Forest School leader or assistant's supervision (they will log in/out and gain access from adult shed). Safety talk and demonstration of how to use and hold safety and correctly (one hand holding the saw, and one holding the wood with space away from the blade). only remove blade cover for use, then put straight back on to carry the saw. Remind the children of the Forest School rules. Always check for 'blood bubble'. A child will be denied access if they break the forest rules.</p>	 
Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
using a knife	whittling wood, cutting	cuts, stabbing, nicks, bruising.		used purposefully and	

	<p>cord.</p> <p>Good for physical development.</p> <p>New experience/achievement.</p> <p>Empowering/sense of trust.</p>	<p>Injury due to twisting and bending.</p> <p>unpredictable child response.</p>		<p><u>appropriately</u> (age, ability and responsibility of individual, and are they the right tool for the job?) Seated on sturdy surface. Always used under a Forest School leader or assistant's supervision (they will log in/out and gain access from adult shed). Safety talk and demonstration of how to use and hold safety and correctly (always whittle away from self, other hand holding wood out of the way of the blade).</p> <p>only remove sheaf for use, then put straight back on to carry. Remind the children of the Forest School rules. Always check for 'blood bubble'.</p> <p>A child will be denied access if they break the forest rules.</p> <p>'Bridge' technique to cut food.</p>	
Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
using the	For making small holes.	cuts, stabbing, nicks, bruising,		used purposefully and	

<p>gimlets</p> 	<p>Good for physical development.</p> <p>New experience/achievement.</p> <p>Empowering/sense of trust.</p>	<p>scratching, poking.</p> <p>Injury due to twisting and bending.</p> <p>unpredictable child response.</p>	 	<p>appropriately (age, ability and responsibility of individual, and are they the right tool for the job?) Seated on sturdy surface. Always used under a Forest School leader or assistant's supervision (they will log in/out and gain access from adult shed). Safety talk and demonstration of how to use and hold safely and correctly (hands away from sharp end, sturdy stance). Remind the children of the Forest School rules. Always check for 'blood bubble'.</p> <p>A child will be denied access if they break the forest rules.</p> <p>Lean on a sturdy surface.</p>	 
Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level

<p>using a hand drill</p> 	<p>For drilling holes into wood. This requires more gross motor downward pressure as apposed to fine motor wrist twisting (like the gimlets) therefore, a good first step for hole making.</p> <p>Good for physical development.</p> <p>New experience/achievement.</p> <p>Empowering/ sense of trust.</p>	<p>cuts, stabbing, nicks, bruising, scratching.</p> <p>Injury due to twisting and bending.</p> <p>unpredictable child response.</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 20px; height: 15px; background-color: #00FF00; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FFA500; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FF0000; border: 1px solid black;"></div> </div>	<p>used purposefully and <u>appropriately</u> (age, ability and responsibility of individual, and are they the right tool for the job?)</p> <p>Always used under a Forest School leader or assistant's supervision (they will log in/out and gain access from adult Shed). Safety talk and demonstration of how to use and hold safety and correctly (standing and pushing downwards on a sturdy surface).</p> <p>Remind the children of the Forest School rules.</p> <p>Always check for 'blood bubble'.</p> <p>A child will be denied access if they break the forest rules.</p> <p>Ensure that the drill is securely assembled before use (different sizes available for different purposes).</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 20px; height: 15px; background-color: #00FF00; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FFA500; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FF0000; border: 1px solid black;"></div> </div>
Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level

<p>Using a mallet</p> 	<p>For bashing, den building, wedging.</p> <p>Good for physical development.</p> <p>New experience/achievement.</p> <p>Empowering/ sense of trust.</p>	<p>Bruising, squashing, broken bones.</p> <p>Injury due to twisting and bending.</p> <p>unpredictable child response.</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 20px; height: 15px; background-color: #00FF00; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FFA500; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FF0000; border: 1px solid black;"></div> </div>	<p>used purposefully and <u>appropriately</u> (age, ability and responsibility of individual, and are they the right tool for the job?)</p> <p>Always used under a Forest School leader or assistant's supervision (they will log in/out and gain access from adult Shed). Safety talk and demonstration of how to use and hold safety and correctly (standing in a sturdy stance, keep other hand as far out of the way as possible- hitting with the other hand).</p> <p>Remind the children of the Forest School rules.</p> <p>Always check for 'blood bubble'.</p> <p>A child will be denied access if they break the forest rules.</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 20px; height: 15px; background-color: #00FF00; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FFA500; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FF0000; border: 1px solid black;"></div> </div>
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<p>Using a vegetable peeler</p> 	<p>To peel vegetables. Please note: Do not use for peeling anything other than vegetables.</p> <p>Good for physical development.</p> <p>New experience/achievement.</p> <p>Empowering/ sense of trust.</p>	<p>Cuts, stabbing, nicks, scratching.</p> <p>Unpredictable child response.</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 20px; height: 15px; background-color: #00FF00; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FFA500; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FF0000; border: 1px solid black;"></div> </div>	<p>used purposefully and <u>appropriately</u> (age, ability and responsibility of individual, and are they the right tool for the job?)</p> <p>Always used under a Forest School leader or assistant's supervision (they will log in/out and gain access from adult shed). Safety talk and demonstration of how to use and hold safety and correctly (sitting in a sturdy position, peeling away from the body. Keeping other hand out of the way as far as possible). Remind the children of the Forest School rules.</p> <p>Always check for 'blood bubble'.</p> <p>A child will be denied access if they break the forest rules.</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 20px; height: 15px; background-color: #00FF00; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FFA500; border: 1px solid black; margin-bottom: 2px;"></div> <div style="width: 20px; height: 15px; background-color: #FF0000; border: 1px solid black;"></div> </div>
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<p>Using a spade</p> 	<p>To dig holes or move top layer of forest floor. Good for physical development.</p> <p>New experience/achievement.</p> <p>Empowering/ sense of trust.</p> <p>Social skills (working together to dig).</p>	<p>Bruising, cuts, broken bones. Injury due to twisting and bending. unpredictable child response.</p>		<p>used purposefully and <u>appropriately</u> (age, ability and responsibility of individual, and are they the right tool for the job?)</p> <p>Adult to monitor use and ensure they are being used correctly and purposefully.</p> <p>Safety talk and demonstration of how to use and hold safety and correctly (if required). Remind the children of the Forest School rules. A child will be denied access if they break the forest rules.</p>	
Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
<p>Using scissors</p> 	<p>To cut cord, rope, or string. can be used to adapt materials for different purposes (eg art, maths). physical development. Develop scissor control.</p>	<p>cuts, stabs, squashing, nicks. unpredictable child response.</p>		<p>use purposefully and <u>appropriately</u> (adult monitor). Remind the children of the Forest School rules. A child will be denied access if they break the forest rules.</p>	

Activity/ Experience	Benefits	Risk	Risk Level	control Actions (FS leader, assistant, and other adults)	New level
Tree climbing	<ul style="list-style-type: none"> • Physical development challenge • Managing own risk • self confidence • Self esteem • Hand-eye coordination • Problem solving • Navigating and thinking ahead • Spacial awareness • cooperation (if children guide each other) • concentration • Patience • Scientific discovery • Mental wellbeing • Increased flexibility • Increased upper body strength, balance, and core 	<ul style="list-style-type: none"> • unauthorised use (no adult present) • Items falling from a height (if something is dropped) • Slips, trips, and falls • Scratches • Falling from a height • Extreme weather 	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 20px; height: 20px; background-color: #90EE90; border: 1px solid black; margin-bottom: 5px;"></div> <div style="width: 20px; height: 20px; background-color: #FFA500; border: 1px solid black; margin-bottom: 5px;"></div> <div style="width: 20px; height: 20px; background-color: #FF0000; border: 1px solid black;"></div> </div>	<ul style="list-style-type: none"> • Rules: Only one child to climb a tree at a time • Rules: Only climb up to a sensible height (marked by neon paint) • Rules: An adult must be present and in sight when tree climbing • children encouraged to self assess, including checking the tree is safe and branches are stable for their weight (thicker than child's wrist), adults can help with advice • Trees are surveyed • Daily and seasonal risk assessments carried out prior to session • wood chip is laid under 'climbing trees' • Forest School Leader had 'Forest First Aid' training • children to have 'free hands' when climbing the tree • Sessions to be cancelled if 'high winds' are present (damage to be checked after high winds) 	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 20px; height: 20px; background-color: #90EE90; border: 1px solid black; margin-bottom: 5px;"></div> <div style="width: 20px; height: 20px; background-color: #FFA500; border: 1px solid black; margin-bottom: 5px;"></div> <div style="width: 20px; height: 20px; background-color: #FF0000; border: 1px solid black;"></div> </div>

