Assault Course Risk Assessment - Green Beret 2026

This activity risk assessment must be read in conjunction with the HCSC General site risk assessment and Green Beret event risk assessment. Each specific risk should follow guidance from the General Course Risk Assessment as well.

Scouts Hertfordshire

Name of activity, event, and location	**Commando Crawl – Assault Course - 14th November 2026** **Hertfordshire Scout Activity Centres- Tolmers Activity Centre**	**Date of risk assessment**	**13th November 2026**	**Name of person doing this risk assessment**	**Jack Mawhinney** **Course Manager** **Reviewed by:** **Doug Stack** **ACM HCSC** **Katy Pearce** **EM HCSC**
		Date of next review	**1st November 2027**		

Hazard - what could go wrong?	Who is at risk?	Assessment of risk	Control measures in place	Remaining risk using control measures
Falling backwards off the rope	Participants	High	• Rope height kept at approximately 4ft off the ground (around 1.2m). • Soft ground chosen (grass/mulch). • Clear fall zone free from obstructions on both sides. • One participant on the rope at a time. • Leader positioned close to assist and observe.	Medium
Impact on back/shoulders when landing	Participants	Medium	• Participants briefed on how to safely step off if losing balance. • Activity stopped if participants appear tired or unstable. • Continuously monitor ground for hard spots	Low
Rope burn on hands or legs	Participants	Medium	• Rope inspected for fraying or rough fibres. • Participants advised not to slide hands along rope. • Long trousers and tops to be worn	Low
Rope failure or anchor movement	Participants	Medium	• Rope secured to healthy live trees with minimum 20cm diameter. • Knots and attachments checked by second competent adult. • Rope tension checked before and during activity. • Block & Tackle fenced off to avoid people touching.	Low
Clothing, hair, limb entanglement	Participants	Medium	• Long hair tied back. • Scarves and loose items removed. • Risk communicated during safety briefing. • Only crawl in between markers on the rope.	Low
Slips/trips when mounting or dismounting	Participants	Medium	• Approach and exit area cleared of debris. • Participants instructed to mount and dismount slowly. • Base Team assists at mounting point.	Low
Fatigue leading to fall	Participants	Medium	• Participants encouraged to rest or stop if tired. • Only one attempt at a time to allow recovery. • Base Leader monitors and intervenes if needed.	Low

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Note: This risk assessment is intended only as a guide and is supplementary to the main Assault Course and the HCSC main Green Beret Risk Assessment.

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Element Name: Base 7 – Commando Crawl

Time	7-8am	8-9am	9-10am	10-11am	11-12am	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm
Any comments?										
Block & Tackle tension needed?										
Base leader sign off										
Assault course manager sign off										