

Sussex Wildlife Trust

Seven Sisters Country Park Risk Assessment Form – Activities



Activity Assessed: Bat and Moth Game Assessed by: V.A.. Reed Site Location: Friston Forest						Date:- 17.1.12 Next assessment due :- 17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Tripping over obstacles	3	1	3	Close supervision. Check site for obstacles Choose large flat area	1	1	1
Banging heads on trees	3	1	3	Verbal warning. Close supervision. Safety demonstration	1	1	1
Facial injury from branches	3	2	6	Verbal warning	1	2	2

No activity may be carried out where there is an individual Risk Factor of 10 or above.

This form should be sent to: Admin/IT Support Officer, Sussex Wildlife Trust, Woods Mill, Henfield, West Sussex, BN5 9SD



Sussex Wildlife Trust

Seven Sisters Country Park Risk Assessment Form – Activities

Activity Assessed: Dipping the Meanders Assessed by: V.A. Reed Site Location: River Bank Cuckmere Meanders						Date:- 17.1.12 Next assessment due :- 17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Falling in water	3	3	9	Small groups with adults. Suitable footwear. No running or pushing rules to be established. Warning about bank stability Carry throw line	2	3	6
Inflicting injury with nets	3	1	3	Verbal warning Close supervision	2	1	2
Catching waterborne diseases	2	3	6	Hand washing before eating. Provision of hand gel. Protective gloves for anyone with open wounds	1	3	3
Slipping on steep banks	3	1	3	Small groups with adults. Warning about slopes. No running	2	1	2

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Sussex Wildlife Trust

Seven Sisters Country Park Risk Assessment Form – Sites



Site Assessed: Friston Forest Assessed by: V. A. Reed Site Location: General						Date 17.1.12 Next assessment due :- 17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Gates Counter balance on gates – risk of swinging back into children	3	2	6	Warn children of the danger	1	2	2
Slipping climbing over wall stiles	2	2	4	Climbing carefully supervised. Teacher positioned to help children over the wall	1	2	2
High winds Danger of falling branches	2	4	8	Avoid woodland Force 5 and above	1	4	4
Debris on woodland floor	3	2	6	Warn children to keep to footpath unless they are involved in supervised activities off the footpath.	2	2	4
Steps on South Downs Way Slippery in wet weather	3	3	9	Warning to take care and not to run.	2	3	6
West Dene Village Pond	1	5	5	Warn children to keep away Careful supervision when passing pond	1	5	5
West Dene Village Road Collision with cars	2	5	10	Walk in compact groups with adults at intervals. Single file, facing oncoming traffic	1	5	5

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Collision with bicycles	3	4	12	Warn children to be aware tracks are used by bikes	1	4	4
Dog attack	3	5	15	Tell children not to touch and ignore any dog on the park.	1	5	5
Snake bite	1	5	5	Verbal warning about not approaching, touching snakes. Immediate medical attention	1	2	2
Muddy footpaths - slipping	2	1	2	Warning No running	1	1	1
Forest Car Park Collision with cars	2	4	8	Warn children about risks of cars	1	4	4
Poisonous plants	1	4	4	Verbal warning Wash hands before eating	1	4	4
Plant and insect stings	3	1	3	Warning Trained first aid staff to react to severe allergic reaction to stings	1	1	1
Injury from tree branches, roots	3	3	9	Verbal warning to take care	1	2	2
Injury from ongoing forestry work	2	3	6	Warn group about ongoing forest clearance and advise them to stay outside restricted area. Liaise with Forestry Commission. Ensure there is an adult with groups at all times.	1	3	3

No activity may be carried out where there is a risk factor of 10 or above.

Dangers involved in using equipment should be brought to the attention of all.

Mobile Telephone Coverage – only along top of wall surrounding the forest

Nearest Telephone – West Dene Village or Visitor Centre

Ambulance 999

Seven Sisters Country Park – 01323 870280

Nearest Accident and Emergency Hospital – Eastbourne District General 01323 417400

This form should be sent to: Admin/IT Support Officer, Sussex Wildlife Trust, Woods Mill, Henfield, West Sussex, BN5 9SD



Sussex Wildlife Trust

Seven Sisters Country Park Risk Assessment Form - Sites

Site Assessed: Grassland Assessed by : V.A.. Reed Site Location: Seven Sisters County Park						Date:- 17.1.12 Next assessment due :- 17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Slippery Slopes	2	3	6	No unsupervised running Suitable footwear	1	3	3
Lymes Disease	1	5	5	Wear suitable clothing to cover arms and legs Supervised (medical) removal of tick. Seek medical advice	1	5	5
Disease from animal excreta	1	3	3	Wash hands before eating	1	3	3
Plant and insect stings	3	1	3	Verbal warning. Staff first aid trained to react to severe sting reaction	2	1	2
Snake Bite	1	5	5	Verbal warning about not approaching, touching snakes. Immediate medical attention	1	2	2
Cattle Grid – falling between bars	2	3	6	Warn children not to go across it Prevent children crossing	0	3	0
Uneven Ground	4	2	8	Verbal warning	2	2	4
Sunstroke/sunburn	5	4	20	Protection – sun cream, hats Verbal warning Reminder to top up protection	2	4	8

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Poisonous plants and fungi	1	5	5	Verbal warning	1	5	1
Cold and Wet	4	2	8	Ensure children are well protected	2	2	4
Electric fencing	3	2	6	Verbal warning	1	2	2
Gates – spring balance – risk of swinging back onto children	3	2	6	Verbal Warning	1	2	2

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Escape route – Car park at visitor centre

Mobile Telephone Coverage – none

Nearest Telephone: Emergency telephone at Camping Barn or Visitor Centre

Ambulance 999

Seven Sisters Country Park – 01323 870280

Nearest Accident and Emergency Hospital – Eastbourne District General 01323 417400

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Sussex Wildlife Trust

Seven Sisters Country Park Risk Assessment Form – Activities

Activity Assessed: Pond dipping Assessed by: V.A. Reed. Site Location: Dew ponds on park						Date:- 17.1.12 Next assessment due :- 17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Falling into water	3	3	9	Small groups with adults. Warnings about slippery nature of banks and dipping platform No running No pushing	2	3	6
Waterborne disease	1	6	6	Wash hands before eating Protective gloves for broken skin	1	3	3
Inflicting injury with equipment	3	1	3	Verbal warning Close supervision	2	1	2
Slipping on steep banks or platform	3	1	3	Small groups with adults. Warnings about slippery surfaces. No running			

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Mobile Telephone Coverage – none

Nearest Telephone: Emergency telephone at Camping Barn or Visitor Centre

Ambulance 999

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Sussex Wildlife Trust
Seven Sisters Country Park Risk Assessment Form – Activities

Activity Assessed: Blindfold Trail, Meet a tree, Mirror Walk,						Date:- 17.1.12	
Assessed by: V.A. Reed						Next assessment due :-	
Site Location: Friston Forest						17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Tripping over obstacles	3	1	3	Close supervision. Check site for obstacles	1	1	1
Banging heads on trees	3	2	6	Verbal warning. Close supervision. Safety demonstration	1	1	1
Facial injury from branches	3	2	6	Verbal warning	1	2	2

No activity may be carried out where there is a risk factor of 10 or above.

Mobile Telephone Coverage – none

Nearest Telephone: Telephone box in West Dene Village or Visitor Centre

Ambulance 999

Seven Sisters Country Park – 01323 870280

Nearest Accident and Emergency Hospital – Eastbourne District General 01323 417400

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Sussex Wildlife Trust

Seven Sisters Country Park Risk Assessment Form – Activities



Activity Assessed: River Bank Walk/River Flow						Date 17.1.12	
Assessed by: V.A. Reed						Next assessment due :-	
Site Location: River Bank						17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Falling into river	3	5	15	Compact group with adults at regular intervals Children to remain on embankment at all times Carry throw line.	1	5	5
Falling down bank	3	3	9	Compact group with adults at regular intervals. Suitable footwear No running	1	3	3
Injury by flotsam	2	3	6	Strict no picking up rule	1	3	3
Disease from animal excrement	2	3	6	Hand washing before eating	1	3	3
Allergic reaction to caterpillar venom	3	4	12	Explanation and warning	1	4	4
River flow exercise – risk of falling in	3	5	15	Work in small groups with close adult supervision. Verbal warning of hazards. Working safe distance from edge of river.	1	5	5
Occasional appearance of holes in shingle beside training wall – danger of falling down, suffocating if they caved in or drowning	3	5	15	Warn children to stay away from holes. Close adult supervision River flow exercise to be carried out up river	1	5	5

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Mobile Telephone Coverage – none

Nearest Telephone: Telephone box in West Dene Village or Visitor Centre

Ambulance 999

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Seven Sisters Country Park Risk Assessment Form – Activities

Activity Assessed: Road Crossing Assessed by: V.A. Reed Site Location: All Seven Sisters Country Park Sites						Date:- 17.1.12 Next assessment due:- 17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Collision with vehicle	3	5	15	<p>Groups to be compact in pairs and under firm control. SWT staff and volunteers to wear high visibility jackets. Groups to cross in line at right angles to the road at designated crossing area only. Ensure personnel with high visibility jackets make the traffic aware of their presence before allowing the children to cross. SWT staff or volunteer at top of the crossing to wave yellow high vis jacket to warn motorists children are crossing. Groups to cross in batches of 30 at a time unless the traffic has stopped and the road is safe.</p>	1	5	5
Fall on uneven surface	3	1	3	No running rule	1	1	1

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Danger of collision in car park	2	5	10	Warn children about hazard. Walk in pairs keeping well over to the side of the car park. Close adult supervision on the outside of the line between children and moving traffic. SWT staff and vols to wear high vis jackets.			
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Mobile Telephone Coverage – none

Nearest Telephone: Telephone box in West Dene Village or Visitor Centre

Ambulance 999

Seven Sisters Country Park – 01323 870280

Nearest Accident and Emergency Hospital – Eastbourne District General 01323 417400

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Seven Sisters Country Park Risk Assessment Form – Activities

Activity Assessed: Rock Pooling Assessed by: V.A. Reed Site Location: Rock Pools Cuckmere Haven						Date:- 17.1.12 Next assessment due :- 17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Cut off by the tide	2	5	10	Clearly defined area of activity. Knowledge of tide times. Warning whistles. Warnings about risks	1	5	5
Slipping on rocks	6	3	18	Warnings. No running or jumping. Suitable footwear	3	3	9
Falling in sea	2	6	12	Read text on emergency boards with whole group	1	6	6
Injury by sharp or contaminated flotsam	3	2	6	No picking up policy unless gloves provided.	1	2	2
Velvet Swimming crab bite Spiny fish	1	2	2	Warning about risks	1	2	2
Water borne disease	2	3	6	Hand wipes or other washing facilities before eating. Gloves for broken skin	1	3	3
Cuts to body	2	2	4	Verbal warning about sharpness of rocks. Strictly no taking off footwear	1	2	2

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Seven Sisters Country Park Risk Assessment Form – Activities



Activity Assessed: Shelter Building Assessed by: V.A. Reed Site Location: Friston Forest						Date:- 17.1.12 Next assessment due:- 17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Branches falling on student	3	3	9	Limit size of branches to be used and carried. Students to work in pairs carrying branches	1	3	3
Collapse of shelter	2	2	4	Advise correct and safe manner of building shelters. Shelters to be inspected by leader before children enter	1	2	2
Facial injury from branches	3	2	6	Care with carrying branches. No running. Verbal warning of danger	1	2	2

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Mobile Telephone Coverage – none

Nearest Telephone: Telephone box in West Dene Village or Visitor Centre

Ambulance 999

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Seven Sisters Country Park Risk Assessment Form – Activities



Site Assessed: Shingle Beach Assessed by: V.A. Reed Site Location: Cuckmere Haven						Date:- 17.1.12 Next assessment due :- 17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Injury by thrown stones	4	4	16	Strict no stone throwing policy unless as organised activity with children suitable spaced. Warning of dangers	1	4	4
Slipping on shingle	2	2	4	Warning about shelving of beach	1	2	2
Falling into sea	2	5	10	Read text on emergency board with whole group Set perimeters for movement along beach	1	5	5
Cliffs – falling rock	3	5	15	Keep children away from base of cliffs. Warning	1	5	5
Injury by sharp or contaminated flotsam	3	5	15	No picking up policy unless gloves available	1	5	5
Danger of Freak Waves in Heavy Weather	1	10	10	Access to beach denied or restricted to safe area on higher ground	0	0	0

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Sinking sand at low tide	3	1	3	Warn children	1	1	1
Occasional holes in shingle beside training wall – danger of falling down, suffocating if they caved in or drowning	3	5	15	Warn children to stay away from holes. Close adult supervision River flow exercise to be carried out up river	1	5	5

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Mobile Telephone Coverage – none

Nearest Telephone –Camping barn or Visitor Centre

Ambulance 999

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Seven Sisters Country Park Risk Assessment Form – Activities

Activity Assessed: Walk to Seaford over Seaford Head Assessed by: V.A. Reed Site Location: All Seven Sisters Country Park Sites						Date:- 17.1.12 Next assessment due :- 17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Collision with vehicle on the road between the visitor centre and Exceat Bridge	2	5	10	Warn of dangers. Walk in single file only. Persons at back and front of group to wear high visibility jackets. Adults spaced along the line of children	1	5	5
Collision with vehicle crossing bridge	2	5		Groups to be compact in pairs and under firm control. SWT staff and volunteers to wear high visibility jackets. Groups to cross in line at right angles to the road at designated crossing area only.	1	5	5
Slipping on muddy path down to Coastguard Cottages	2	1	2	No running rule	1	1	1
Danger of falling off cliff over Seaford Head	2	5	10	Verbal warning of dangers. Keep group away from the edge of the cliffs. Walk in groups with responsible adult. Adult front and back Adult to walk on cliff side	1	5	5

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Sussex Wildlife Trust



Seven Sisters Country Park Risk Assessment Form – Activities

Activity Assessed: Personal Health and Safety Assessed by: V.A. Reed Site Location: All Seven Sisters Country Park Sites						Date:-17.1.12 Next assessment due :- 17.1.13	
Type of Hazard	Likelihood of occurrence	Hazard Severity	Risk Factor	Action to be taken to reduce risk	New likelihood of occurrence	New hazard severity	New risk factor
Water borne disease	2	3	6	Hand wipes or other washing facilities before eating. Gloves for broken skin	1	3	3
Disease from animal excrement	2	3	6	Hand washing before eating	1	3	3
Allergic reaction to caterpillar venom	3	4	12	Explanation and warning	1	4	4
Poisonous plants and fungi	1	5	5	Verbal warning	1	5	1
Cold and Wet	4	2	8	Ensure children are well protected	2	2	4
Lymes Disease	1	5	5	Wear suitable clothing to cover arms and legs Supervised (medical) removal of tick. Seek medical advice	1	5	5

Continued/ ...

Dog attack	3	5	15	Tell children not to touch and to ignore any dog on the park.	1	5	5
Plant and insect stings	3	1	3	Verbal warning. Staff first aid trained to react to severe sting reaction	2	1	2
Snake Bite	1	5	5	Verbal warning about not approaching, touching snakes. Immediate medical attention	1	2	2
Sunstroke/sunburn	5	4	20	Protection – sun cream, hats Verbal warning Reminder to top up protection	2	4	8

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