



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:- 4.1.08 Next assessment due :- 4.1.09	
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 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 nets	3	1	3	Verbal warning Close supervision	2	1	2
Slipping on steep banks	3	1	3	Small groups with adults. Warnings about slippery banks. No running			

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.

Escape route – Car park opposite Visitor Centre

Mobile Telephone Coverage – none

Nearest Telephone –Camping barn or Visitor Centre

Ambulance 999

Seven Sisters Country Park – 01323 870280

Nearest Accident and Emergency Hospital – Eastbourne District General 01323 417400



Sussex Wildlife Trust

Risk Assessment Form – Activities

Activity Assessed :- Hit the Trail Assessed by :- V. A. Reed Site Location :- Friston Forest						Date:- 4.1.08 Next assessment due :- 4.1.09	
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
Getting lost in Friston Forest	3	1	3	Provide group with maps and compasses. Explain where main footpaths are. Count participants out and in again. Member of education team to bring up the rear of the last group out.	1	1	1

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.

Escape route – Car park opposite Visitor Centre

Mobile Telephone Coverage – none

Nearest Telephone –Camping barn or Visitor Centre

Ambulance 999

Seven Sisters Country Park – 01323 870280

Nearest Accident and Emergency Hospital – Eastbourne District General 01323 417400



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:- 4.1.08 Next assessment due :- 4.1.09	
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
Cattle Grid – falling between bars	2	3	6	Warn children not to go across it	0	3	3
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

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

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.

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



Sussex Wildlife Trust

Seven Sisters Country Park Risk Assessment Form – Sites

Site Assessed :- Friston Forest Assessed by :- V. A. Reed Site Location - General						Date 4.1.08 Next assessment due :- 4.1.09	
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	2	2	4
Steps on South Downs Way Slippery in wet weather	3	3	9	Warning not to run and take care	2	3	6
West Dene Village Pond	1	5	5	Warn children to keep away Careful supervision when passing pond	1	5	5

Continued / ...

Site Assessed :- Friston Forest (Continued)						Date 4.1.08	
Assessed by :- V. A. Reed						Next assessment due :-	
Site Location - General						4.1.09	
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
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
Collision with bicycles	3	4	12	Warn children to be aware tracks are used by bikes	1	4	4
Forestry Commission Work	2	5	10	Keep out of areas of work Liase with Forestry Commission	1	5	5
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

Continued / ...

Site Assessed :- Friston Forest (Continued)						Date 4.1.08	
Assessed by :- V. A. Reed						Next assessment due :-	
Site Location - General						4.1.09	
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 from ongoing forestry work	2	3	6	Warn group about ongoing forest clearance and advise them to stay outside restricted area. Ensure there is an adult with groups at all times.	1	3	3
Attack by loose dogs or other users of public footpaths	2	5	10	Groups with adults at all times. Warning about touching strange dogs and warning about approaching strange dogs	1	5	5
Lost pupils	2	4	8	Children to be in sight at all times. Designated area of activity.			
Disease from leaf litter or animal excrement	2	4	8	Hand wipes or hand washing before eating	1	4	4

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.

Escape route – West Dene Village or field above Visitor Centre

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

Seven Sisters Country Park Risk Assessment Form – Activities

Activity Assessed:- Dipping the Meanders/Pond Assessed by :- V.A. Reed Site Location River Bank Cuckmere Meanders						Date:- 4.1.08 Next assessment due :- 4.1.09	
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	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 Babywipes. 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

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.

Escape route – Car park opposite Visitor Centre

Mobile Telephone Coverage – none Nearest Telephone –Camping barn or Visitor Centre

Ambulance 999

Seven Sisters Country Park – 01323 870280

Nearest Accident and Emergency Hospital – Eastbourne District General 01323 417400

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:- 4.1.08 Next assessment due :- 4.1.09	
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 a risk factor of 10 or above.

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

Escape route – Car park opposite Visitor Centre

Mobile Telephone Coverage – none

Nearest Telephone –Camping barn or Visitor Centre

Ambulance 999

Seven Sisters Country Park – 01323 870280

Nearest Accident and Emergency Hospital – Eastbourne District General 01323 417400

Sussex Wildlife Trust

Seven Sisters Country Park Risk Assessment Form –Sites



Site Assessed: Shingle Beach Assessed by :- V.A.. Reed Site Location Cuckmere Haven						Date:- 4.1.08 Next assessment due :- 4.1.09	
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

Continued ...

Site Assessed: Shingle Beach (Continued) Assessed by :- V.A.. Reed Site Location Cuckmere Haven						Date:- 4.1.08 Next assessment due :- 4.1.09	
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 sharp or contaminated flotsam	3	5	15	No picking up policy unless sharps box and 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
Sinking sand at low tide	3	1	3	Warn children	1	1	1

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.

Escape route – Car park opposite Visitor Centre

Mobile Telephone Coverage – none

Nearest Telephone –Camping barn or Visitor Centre

Ambulance 999

Seven Sisters Country Park – 01323 870280

Nearest Accident and Emergency Hospital – Eastbourne District General 01323 417400

Sussex Wildlife Trust



Seven Sisters Country Park Risk Assessment Form – Activities

Activity Assessed: Shelter Building						Date:- 4.1.08	
Site Location Friston Forest						Next assessment due :- 4.1.09	
Assessed by :- V.A.. Reed							
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
Tree 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	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



Sussex Wildlife Trust

Activity Assessed:- Rock Pooling Assessed by :- V.A. Reed Site Location Rock Pools Cuckmere Haven						Date:- 4.1.08 Next assessment due :- 4.1.09	
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 sharps box and gloves provided.	1	2	2
Velvet Swimming crab bite	1	2	2	Warning about risks	1	2	2

Continued ...

Activity Assessed:- Rock Pooling (Continued) Assessed by :- V.A. Reed Site Location - Rock Pools Cuckmere Haven						Date:- 4.1.08 Next assessment due :- 4.1.09	
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

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.

Escape route – Car park opposite Visitor Centre

Mobile Telephone Coverage – none

Nearest Telephone –Camping barn or Visitor Centre

Ambulance 999

Seven Sisters Country Park – 01323 870280

Nearest Accident and Emergency Hospital – Eastbourne District General 01323 417400



Sussex Wildlife Trust

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:- 4.1.08 Next assessment due :- 1.4.09	
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	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.	1	5	5
Fall on uneven surface	3	1	3	No running rule	1	1	1

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



Activity Assessed:- River Bank Walk/River Flow Assessed by :- V.A. Reed						Date 4.1.08 Next assessment due :- 4.1.09	
Site Location – River Bank							
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	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

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.

Escape route – Car park opposite Visitor Centre

Mobile Telephone Coverage – none

Nearest Telephone –Camping barn or Visitor Centre

Ambulance 999

Seven Sisters Country Park – 01323 870280

Nearest Accident and Emergency Hospital – Eastbourne District General 01323 417400



Sussex Wildlife Trust

Seven Sisters Country Park Risk Assessment Form – Activities

Activity Assessed: Blindfold Trail, Meet a tree, Mirror Walk, Assessed by :- V.A. Reed Site Location Friston Forest						Date:- 11.1.08 Next assessment due :- 11.1.09	
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	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 a risk factor of 10 or above.

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

Escape route – West Dene Village or Visitor Centre

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