

Risk Assessment

Company name: Moss n' Moon

Assessment carried out by:

Date of next review: 30/09/26

Date assessment was carried out:



Foundry Wood, Princess Drive, Leamington Spa, CV32 6AF

What3Words: branch.pushes.fire

Activity – Guided Forest Bathing – slow walk with meditation and sensory activities

Participants – Adults 18+

Session duration – 2 hours

Risk Matrix Used (Qualitative) Likelihood (L) and Severity (S) scored Low/Medium/High → Overall risk rated as Low/Medium/High after controls

What are the hazards?	Risk to organiser and participants	Risk Level	What action is taken to control the risk and by whom?	When is the action needed by?	Residual Risk
Uneven terrain: mud, roots, burrows, rocks, protruding tree stumps, slippery surfaces and standing deadwood	Slips, trips and falls	M	- Organiser requests all participants wear appropriate footwear prior to event - Organiser asks participants to keep to the planned event route - Organiser adjusts walking pace	- Organiser checks route during pre-site inspection - Participants sign health and safety waiver on booking	L
Opt in bare foot walking, bare foot sitting	Slips, trips, cuts, grazes, stings, falls	M	Organiser requests participants carry out a pre site sweep to ensure the	Organiser checks route during pre-site inspection	L

What are the hazards?	Risk to organiser and participants	Risk Level	What action is taken to control the risk and by whom?	When is the action needed by?	Residual Risk
			area they wish to stand/ walk is clear of sharp objects, including glass, stones, thorns, animal waste or stinging insects or nettles - Participants can keep socks on or opt out - Organiser carries small basic first aid kit	Participants sign health and safety waiver on booking	
Water bodies: pond	Hypothermia, drowning	L	- Pond is fenced. Participants access view of the pond behind fencing - Participants remain in group at all times	- Organiser checks fence during pre-site inspection - Organiser head counts	L
Wildlife encounters	Startle response, scratches	L	Organiser requests participants avoid nesting areas; observe, do not touch/feed wildlife	Organiser checks during pre-site inspection of any sites to avoid	L
Adverse weather conditions: rain, wind, heat	Hypothermia, falling branches, broken limbs, sunstroke, sunburn, dehydration	M	- Organiser cancels event if dangerous weather conditions - Organiser informs participants of any fallen debris on site	- Organiser checks route during pre-site inspection - Participants sign health and safety waiver on booking	L

What are the hazards?	Risk to organiser and participants	Risk Level	What action is taken to control the risk and by whom?	When is the action needed by?	Residual Risk
			• Organiser requests participants wear appropriate clothing and to bring a bottle of water to the event • Organiser brings a bottle of water • Organiser ensures participants aware of exits, advises participants to let organiser know if they wish to leave safely and not return to the event	• Participants advised of exits at start of event	
Mindfulness prompts	Emotional discomfort/distress	L	• Organiser offers opt-in activities and sharing circle, signpost support if needed	• Participants advised during activities to speak to organiser if experiencing any discomfort	L
Insects	Bites, stings, anaphylactic shock, tick reactions or tick bites	L	• Organiser advises participants to bring insect protection to the event • Organiser advises of appropriate clothing at booking • Organiser carries a small basic first aid kit	• Organiser asks participant to sign a health and safety waiver on booking	L

What are the hazards?	Risk to organiser and participants	Risk Level	What action is taken to control the risk and by whom?	When is the action needed by?	Residual Risk
Plants	Stings, rashes, sickness, poisoning, scratches, foraging, plant/pollen allergies	L	• Organiser asks participants to keep to the planned event route • Foraging is not permitted during this event • Eating of plants is not permitted during this event • Organiser advises through booking to bring personal medication (e.g., antihistamines) • Organiser carries a small basic first aid kit	• Organiser asks participant to sign a health and safety waiver on booking	L
Soil/water borne diseases	Tetanus, E.coli	L	• Participants advised during booking to bring antibacterial hand gel • Organiser will carry anti-bacterial hand gel	• Organiser asks participant to sign a health and safety waiver on booking	
Existing medical conditions	Unable to walk, stand, sit, forgotten medications	L	• Level of fitness, and age appropriateness is explained and requested during booking process as well as emergency contact	• Organiser asks participants to sign a health and safety waiver at booking • Emergency contact details taking at time of booking	L

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			details of participants Organiser carries a small basic first aid kit		
Physical exertion	Heat exhaustion, sunburn, sunstroke, dehydration	L	- Participants are advised during booking to ensure they have the appropriate level of fitness for the event - Participants advised to bring bottled water to the event including sunscreen, sunhat and wear appropriate clothing - Group can move within and under shaded areas if necessary	- Organiser asks participants to sign a health and safety waiver - Emergency contact details are taken at time of booking	L
Inappropriate conduct	Swearing, shouting, jeering, litter dropping, vandalism, damaging wildlife	L	- Participants advised during booking to ensure they conduct themselves in a peaceful and respectful manner, be mindful of public space, organiser requests participants leave the event - Organiser ensures participants aware of exits and to advise organiser	Organiser asks participants to sign a health and safety waiver at booking	L

What are the hazards?	Risk to organiser and participants	Risk Level	What action is taken to control the risk and by whom?	When is the action needed by?	Residual Risk
			should they wish to leave and not return to the event		
Litter	Cuts from broken glass, cans, sharp twigs, sharp leaves, or discarded needles	L	On booking participants are requested to take any of their litter home with them when leaving the event	- Participants sign a health and safety waiver during booking - After event organiser will collect any discarded litter from the group	L
Hygiene (compost toilet)	Illness due to poor hygiene	L	All toilet available on site Organiser advises on booking to bring tissue & hand gel; hand hygiene before food	Participants sign a health and safety waiver during booking	L
Communicable illness (e.g., colds/flu)	Transmission within group	L	- Participants advised on booking if unwell do not to attend - Participants advised to bring and use hand gel; optional distancing - Organiser brings hand gel	Participants sign a health and safety waiver during booking	L
Refreshments	Allergic reaction; choking	L	Refreshments are not provided or encouraged at the event (participants advised to bring their own water for hydration)	Participants sign a health and safety waiver during booking	L

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			purposes) - Should participants bring their own refreshments they will be advised to use hand gel, encourage mindful eating; and remove any litter - Organiser brings carrier bag for litter disposal		
Fire	Burns, damage to woodland	M	No fires or burning of any material is permitted during the event	In the event of a fire the organiser and participants will evacuate the woodland at the nearest exit and call emergency services (see emergency plan below)	L
Separation/lost	Participant becomes separated	L	- Organiser keeps group small, controlled pace and headcounts throughout event. Maintains line of sight - Organiser briefs group of participants keeping line of sight for each other and notify if choose to exit event	Participants sign a health and safety waiver during booking	L

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Manual handling/ground sitting alternatives Low	Back strain, difficulty rising from ground or sit mats	M	Participants advised through booking to bring lightweight chairs/seated sticks; offered sit mats, advised of careful lowering and rising	Participants sign a health and safety waiver during booking	L
Photography/video & GDPR Privacy breach	Complaints	L	Participants will have advance notice; secure data handling, explicit consent, advised of digital detox	- Participants sign a health and safety waiver during booking	L
Data collection (waivers) GDPR non-compliance	Complaints	L	- Organiser uses data recording on secure systems for event purpose 6 month retention/deletion of personal records that are not required for event purposes	Participants sign a health and safety waiver during booking	L
Access/parking	Vehicle accidents	L	- Organiser maintains small group within the event location - Organiser advises participants to remain in group throughout event, no roaming outside event area	Participants sign a health and safety waiver during booking	L

Competence & Supervision

Session led by Tracey, a qualified Forest Bathing Guide (Treeming.org). Their training includes environmental awareness, group safety, and sensory-based practices suitable for adults aged 18 years plus in natural outdoor environments. Participants advised on booking Tracey is not a qualified first aider.

Group kept small to maintain observation and control.

Participant Information & Briefing (Controls)

Pre-event joining instructions will specify clothing (sturdy footwear, waterproofs/warm layers as appropriate), water, sun/insect protection, and optional lightweight chair. Participants remain fully clothed; no swimming; respect for quiet space and respect for public environment required; those unwell should not attend.

Administrative Controls

Waiver/booking forms completed via Forms. £22.00 non-refundable fee communicated in advance. Photo/video consent explicitly captured and respected. Data handled on private systems with limited access and defined retention.

Evaluations form sent after event.

Dynamic Risk Assessment – On the Event Day

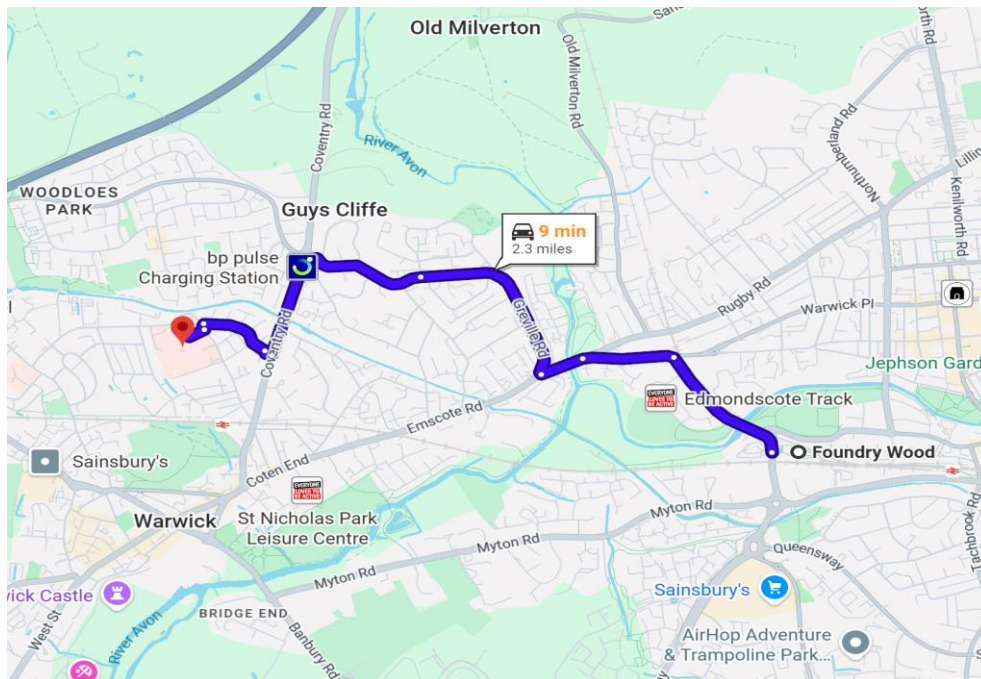
Complete on arrival and update if conditions change:

1. Weather acceptable? (heat/cold/wind/rain) – controls adequate?
2. Ground conditions (mud, slip risk) – route adjusted if needed?
3. Group capability and medical considerations confirmed?
4. Emergency access/assembly point verified?
5. Communication method and signals briefed?
6. First aid kit/phone available and charged?
7. Consent/waiver, photo permissions confirmed?

Assessor initials & time: _____

Emergency Information

The nearest Emergency Service is Warwick Hospital A&E Lakin Rd, Warwick CV34 5BW



Emergency Plan

- Organiser carries mobile phone
- Nearest emergency access point to woodland:
What3Words: animal.took.backup
- Basic first aid kit available
- Identify nearest medical facility
- All participants briefed on emergency signal and assembly point
- Record any incidents/near misses