

Wild as Well - Risk Assessments

RISK ASSESSMENT MATRIX

HARM (SEVERITY) → PROBABILITY (likelihood) ↓	Slightly harmful	Harmful	Very harmful
Rarely	Low Risk	Tolerable Risk	Moderate Risk
Sometimes	Tolerable Risk	Moderate Risk	Substantial Risk
Often	Moderate Risk	Substantial Risk	High Risk

Appendix 1: Risk Management

Example Risk Assessment for outdoor location (private woodland and hire)

Risk assessment for Cavendish Blackwoods, 479 Hucknall Rd, Nottingham NG5 1FW Nearest A&E: QMC, Derby Road Nottingham NG7 2UH Tel: 0115 924 9924 Emergency contact No's: 999/111	Facilitator: Kate Whyatt (trading as Wild as Well) What3words: //await.frogs.waits Grid Ref: SK 56518 43492 52°59'09"N , 001°09'34"W	Session Dates: Description of event:
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Site and weather risk assessment

Hazard	Possible Harm	To Whom	Probability	Severity	Risk Rating	Mitigation for this	Risk Rating after mitigation	Who will manage?
Slip and trip	Broken limbs Twists	all	Rarely	Harmful	Tolerable Risk	Pre-session site visit to check muddy areas, animal holes, any slip and trip hazards Share information with client group of any known hazards Ongoing dynamic risk assessment of area and of participants ability to manage risk First aid kit	Tolerable Risk	Kate Whyatt trading as <i>Wild as Well</i> is a certified Outdoor First Aider (trained November 2022)
Fire	Burns	all	Rarely	Harmful	Tolerable Risk	Clear agreement between Facilitator & PPTs on fire safety - Fire only for warmth and focal point. - No fire building or tending activities offered to attendees. - Fire not to be left unattended by Kate Whyatt trading as <i>Wild as Well</i> (or other insured co-facilitator if working with large group)	Low Risk	Kate Whyatt trading as <i>Wild as Well</i>

							Dynamic risk assessment throughout time PPTs are on site while fire is lit - reminders of agreement as and when required Kate Whyatt trading as <i>Wild as Well</i> is a certified Outdoor First Aider (trained November 2022) First aid kit Depending on severity of burn (partial thickness burns over 1% body area, all full thickness burns or burns to face, hands, feet, genitals or that extend around the limb) emergency 999 assistance will be called immediately.		
Animal Faeces	Ingestion and sickness	all	Rarely	Harmful	Tolerable Risk	Private woodland - no pets or livestock Pre-session site visit to check area and update risk assessment to share with client groups Dynamic risk assessment Kate Whyatt trading as <i>Wild as Well</i> is a certified Outdoor First Aider (trained November 2022) First Aid Kit	Low risk	Kate Whyatt trading as <i>Wild as Well</i>	
Branches falling	Cuts and scrapes, broken limbs, head injuries, concussion, death	all	Rarely	Very Harmful	Moderate Risk	Woodland management by site. Pre-session site visit - check area for diseased or hanging branches and share with PPTs Awareness of recent weather conditions (electrical storms and high winds) - if the site is not currently suitable or safe, sessions to be cancelled while work is carried out by site maintenance. Alternative site to be found if possible. Dynamic risk assessment which includes sharing risk to PPT and advice to avoid certain areas First aid kit	Tolerable Risk	Kate Whyatt trading as <i>Wild as Well</i> in conjunction with site	

							Kate Whyatt trading as <i>Wild as Well</i> is a certified Outdoor First Aider (trained November 2022)				Kate Whyatt trading as <i>Wild as Well</i>
Fungi and berries	Ingestion leading to poisoning causing sickness, diarrhoea, vomiting or death	all	Rarely	Very Harmful	Moderate Risk		Facilitators to learn what potential risks on site by doing full reconnaissance Clear explanation by facilitators of risk and advise PPT not to pick berries for creative work or to eat PPTs reminded to wash hands before eating (indoors bathroom with soap and hot water) Kate Whyatt trading as <i>Wild as Well</i> is a certified Outdoor First Aider (trained November 2022)	First aid kit	Low Risk		
Thorn bushes	Torn clothes, scratches, infected wounds	all	Sometimes	Slightly Harmful	Moderate Risk		Pre-site visit to assess risk and share info with PPT regarding what areas and types of bushes to be aware of or avoid Advise PPT to wash with soap and water before applying antiseptic and dressing Kate Whyatt trading as <i>Wild as Well</i> is a certified Outdoor First Aider (trained November 2022)	First Aid Kit	Tolerable Risk		Kate Whyatt trading as <i>Wild as Well</i>
Kitchen area	Burns from boiling water for hot drinks	all	Rarely	Slightly Harmful	Low Risk		Indoor kitchen with standard kettle (PAT tested by site management) PPT to bring own hot drinks as part of agreement First Aid Kit Advise PPT to hold under cold running water for approx 10 mins (on repeat) Depending on severity of burn (partial thickness burns over 1% body area, all full thickness burns or burns to face, hands, feet, genitals or that extend around the		Low Risk		Facilitators/ PPT

Ecological damage Risk

Hazard	Possible Harm	To What	Probability	Severity	Rating	Mitigation for this	Who will manage?
Damage	Breaking something	Indoors facilities, gate	Rarely	Slightly Harmful	Low Risk	Reconnaissance of site prior to session and report any signs of damage to site management Advise PPTs to take care of property and notify Facilitators of any damage	Facilitators/PP T/Site management
Rubbish	Ingestion or getting caught in plastic	Wildlife	Sometimes	Slightly Harmful	Moderate Risk	Remind PPTs to take rubbish home with them Check site after participants leave and take rubbish home	Facilitators/PP T
Wildlife	Nests/sets/pond damaged or disturbed	Wildlife	Rarely	Slightly Harmful	Moderate Risk	Remind PPTs to be careful of nesting birds etc and treat environment with respect	Facilitators

Psychological, emotional and social risk from interventions.

Hazard	Possible Harm	To whom	Probability	Severity	Rating	Mitigation for this	Risk Rating after Mitigation	Who will manage?
Psychological	Recurrence/retriggering of any psychological trauma or illness	all	Sometimes	Harmful	Moderate Risk	Initial chat/risk assessment for each PPT to determine any underlying health needs and any medication taken to support this health need, and discuss with PPT if they are managing symptoms/feeling well supported to attend course Activities and interventions to be designed around relaxation, resourcing and revitalising outcomes to be focused on. Dynamic risk assessment on PPTs psychological presentation. Kate Whyatt trading as <i>Wild as Well</i> is a skilled and experienced social work practitioner specialising in mental health, neurodiversity and learning disabilities.	Tolerable Risk	Kate Whyatt trading as <i>Wild as Well</i> in partnership with PPT and other involved agencies

							Kate Whyatt trading as <i>Wild as Well</i> has completed three years of eco-psychological and eco-therapeutic training; accesses regular monthly supervision and peer mentor support; participates in Continuing Professional Development and reflective practice. If referral from health and social care staff, a full risk assessment to be completed with the consent of the PPT. Acceptance of referrals will depend on risk management possibility based on a risk vs benefit assessment. PPT will be supported by Kate Whyatt trading as <i>Wild as Well</i> to stay safe and any early warning signs will be tracked and deescalation/regulating techniques to be introduced. If PPT experiences psychosis or deterioration of mental health illness regardless of mitigation practices implemented, assistance from next of kin, Crisis Team, local Crisis Sanctuary and AMPH teams will be called upon (dynamic risk assessment to determine the pathway needed). If PPT becomes a risk to self or others, AMPH team, police (requesting mental health street triage team) will be called to ensure the safety of others.		
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Emotional	During NatureWell training and participation: Overwhelm of emotions particularly grief or rage due to deepening awareness and space to observe feelings (for staff this could include challenges in personal and professional life; burn out after working on front line through pandemic)	Staff PPTs	Sometimes	Slightly Harmful	Tolerable Risk	Group agreement to support each other, that this is not therapy and own therapist should be sought if needed Kate Whyatt trading as <i>Wild as Well</i> to keep within objective to resource, relax and restore PPTs and therefore not open up deep feelings, return PPTs to wholeness at end of session Signposting to local organisations that can support with specific need (i.e. bereavement, domestic abuse, substance misuse etc) Ongoing 1:1 work with Kate Whyatt trading as <i>Wild as Well</i> on offer to staff to support with ongoing grief and trauma responses. Support designed to build resilience through processing and integration within ecotherapeutic model	Tolerable Risk	Kate Whyatt trading as <i>Wild as Well</i>
Social	Feelings of shame, feelings of persecution by group	all	Sometimes	Harmful	Moderate Risk	Group agreement Confidentiality agreement Create circle of trust and support within group Kate Whyatt trading as <i>Wild as Well</i> to hold a strong supportive space and be in constant attunement with the group to pick up on any group unease. Deescalation skills to be implemented by Facilitator early on to ensure repair to ruptured relationship/s	Tolerable Risk	Kate Whyatt trading as <i>Wild as Well</i>

Covid 19 Risk assessment

Hazard	Possible Harm	To whom	Probability	Severity	Rating	Mitigation for this	Risk Rating after mitigation	Who will manage?
Social Distance not kept indoors (no legal requirement to do so)	Infection transmitted to others	all	Sometimes	Harmful	Moderate Risk	All activities take place in outdoor space. Anyone who tests positive for Covid will be asked to not attend until they are testing negative and no longer shedding virus (minimum of one week after testing positive) If any members of the group are presenting with symptoms but have tested negative for Covid - will be asked to remain outside at all times except for use of the toilet. Toilet window to be kept open along with external doors to inside space for good ventilation.	Low risk	Kate Whyatt trading as <i>Wild as Well</i> with full participation of group
Hygiene procedures not followed	Infection transmitted to others	all	Sometimes	Harmful	Moderate Risk	All activities take place in outdoor space. Anyone with who tests positive for Covid will be asked to not attend until they are testing negative and no longer shedding virus (minimum of one week after testing positive) If any members of the group are presenting with symptoms but have tested negative - they will be asked to remain outside at all times except for use of the toilet. Toilet window to be kept open along with external doors to inside space for good ventilation.	Tolerable Risk	Kate Whyatt trading as <i>Wild as Well</i> with full participation of group
Symptoms of Covid 19 develop	Infection transmitted to others	all	Sometimes	Harmful	Moderate risk	All activities take place in outdoor space.	Tolerable Risk	Kate Whyatt trading as <i>Wild as Well</i> with

PPT becomes seriously unwell and needs medical assistance	Physical or mental - deterioration of health; harm to self; distress; loss of consciousness; death	PPT	Rarely	Harmful	Tolerable Risk	Health and Safety assessment completed by all PPTs prior to work to highlight any possible health conditions that need managing and plan to be developed between Kate Whyatt (trading as <i>Wild as Well</i>) and PPT (includes all details of next of kin, medication)	Kate Whyatt (trading as <i>Wild as Well</i>) to have a fully charged mobile phone with network coverage as part of her ongoing risk management plan. To include all details of location, nearest hospital and hazards on site. Kate Whyatt (trading as <i>Wild as Well</i>) certified in outdoor first aid (November 2022). Kate Whyatt (trading as <i>Wild as Well</i>) to utilise the buddy system if additional support is needed while waiting for emergency services, or for other advice that is pertinent to the situation.	Tolerable Risk
PPT becomes agitated towards others	Physical or verbal attack on others; reaction of others that exacerbates agitation;	Kate Whyatt (trading as <i>Wild as Well</i>); PPTs; membe	Rarely	Harmful	Tolerable Risk	Kate Whyatt (trading as <i>Wild as Well</i>) is an experienced and skilled communicator who has worked in challenging and complex situations	Kate Whyatt (trading as <i>Wild as Well</i>) will at all times micro-track a person's mood, behaviour and body language/facial expressions discerning before PPT reaches	Low Risk

	rs of the public				and dynamics and is trained in and able to use de-escalation tools to support the PPT to discharge the agitated energy safely ensuring all parties are given space to return to calm escalated phase to ensuring person is able to regulate their emotions through co-regulation with facilitator and nature. Kate Whyatt (trading as <i>Wild as Well</i>) will work with PPT to be able to pendulate (return to present moment when ambushed with past trauma) and titrate (only experience as much sensation from accessing memories as is possible at a time) before returning to presence and resourcing Kate Whyatt (trading as <i>Wild as Well</i>) will stay grounded and resourced by being fully engaged with her own practice; accessing therapy that supports her own wellness and accessing regular supervision and reflective practice
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								in order to work with any challenges in her offer of ecopsycological support Regular review and re-assessment and re-contracting of work between both parties to ensure safety and opportunity for all. Work can be discontinued at anytime by either party.	
Members of public intimidating or disturbing the session	Intimidation or threat; actual bodily harm; humiliation or cruelty; curtailing session	All	Sometimes	Harmful	Moderate Risk	Use of private land where possible with locked gate and security measures in place Full reconnaissance of public space prior to working there using space where both facilitator and PPT feel comfortable Clear access and egress from location to open space near members of public	Dynamic risk assessment throughout work together to discern any early detection of risk from members of the public Location chosen with safety in mind - ie. close to busy, main thoroughfare Regular communication of potential of risk of working in a public space while at same	Tolerable Risk	

								time not causing more harm by raising stress of PPT - plan agreed to move away without any engagement with the perpetrators that may escalate their behaviours Contacting 101 or 999 once moved to safe space to ensure that the perpetrators do not harm or intimidate others	
Facilitator becomes unwell or has an accident	Loss of consciousness; distress; fractures/sprains /poisoning	All	Rarely	Harmful	Tolerable Risk	Kate Whyatt (trading as <i>Wild as Well</i>) will take all reasonable measures to monitor her health and fitness and ability to work and will be responsible for general and dynamic risk assessment of site and own health	Buddy system in place - Kate Whyatt (trading as <i>Wild as Well</i>) will make contact and ask them to put into place prior agreed actions PPT will seek assistance from member of public if required and emergency services if Kate Whyatt (trading as <i>Wild as Well</i>) is unable to do so herself if needed	Low risk	

(Last updated November 2025)