

Build and Bloom Forest School: Risk Acknowledgement Form



1. Introduction

At Build and Bloom Forest School, we are committed to providing a safe and enriching environment for all participants. We prioritise the safety, well-being, and enjoyment of everyone participating in our outdoor activities. Forest School sessions involve outdoor activities that encourage exploration, learning, and adventure. While we take every precaution to ensure safety, it is important to acknowledge that outdoor activities inherently carry some risks.

This Risk Acknowledgement Form outlines the potential risks associated with our Forest School sessions.

2. Nature of Activities

Our Forest School sessions may include, but are not limited to, the following activities:

- Exploring woodlands, forests, and natural areas
- Building shelters and dens using natural materials
- Using tools such as knives, saws, and mallets under supervision
- Climbing trees and balancing on natural structures
- Fire-lighting and cooking over open fires
- Pond dipping and exploring streams or shallow water
- Foraging for edible plants and berries
- Games and physical activities in uneven terrain
- Interaction with wildlife and learning about nature

3. Potential Risks

While we implement robust safety measures and supervise activities, the following risks may be present during our Forest School sessions:

- Minor injuries: such as cuts, bruises, splinters, or insect bites.
- Weather-related risks: such as cold, heat, rain, or sunburn.
- Allergic reactions: to plants, insect stings, or other environmental factors.
- Falls: from climbing trees, balancing on logs, or navigating uneven terrain.
- Water-related risks: including slipping, getting wet, or minor exposure to waterborne hazards.

- Tool-related injuries: despite careful supervision and training, there is a risk of cuts / injuries
- Fire-related risks: such as minor burns from fire-lighting or cooking activities.

4. Safety Measures

To mitigate these risks, we have implemented the following safety measures:

- **Trained and Experienced Staff:** All activities are led by trained staff with experience in outdoor education and risk management.
- **Supervision:** Participants are supervised during activities.
- **Safety Briefings:** Participants are provided with safety instructions and guidelines before participating in any activity.
- **First Aid:** Our Forest School leads are first-aid trained and we carry first aid kits during sessions.
- **Risk Assessments:** Detailed risk assessments are conducted for all activities and locations.
- **Protective Equipment:** Where necessary, protective gear is provided and must be worn by participants (e.g., gloves, Hi-Vis jackets).

5. Parent/Guardian Risk Acknowledgement

By taking part in Forest School sessions, you acknowledge you:

- have read and understood the nature of the activities and accept the potential risks involved in participation.
- understand that all reasonable precautions and safety measures will be taken to minimise these risks.
- give consent for participation in Forest School sessions and agree not to hold Build and Bloom Forest School, its staff, or volunteers responsible for any injuries or accidents that may occur in the normal course of participation

6. Build and Bloom Forest School Contact Information

If you have any questions or concerns about this Risk Acknowledgement Form or the activities involved, please contact us at:

- Email: buildandbloomforestschool@gmail.com