

WALKING RISK ASSESSMENT

Benefit statement

There is a great sense of achievement in climbing to the top of a summit. Hill walking gets people off tarmac and gives them an opportunity to explore wild and natural landscapes. Walking is an easily accessible, healthy and sociable leisure time activity.

Introductory statement

For every session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session. Events will be led by a suitably experienced group leader who has undergone training and an assessment by an existing Walking Leader and / or holds a nationally recognised qualification in navigation or a Mountain Leader award. Events are split into Hill Days (under 500m) L0; Mountain Trail Days (never further than 5km from the nearest road or habitation) L1; Mountain Days (summer) L2; and Mountain Days (winter) L3. Leaders of events in L1, L2 and L3 categories should hold a first aid certificate. Clear briefings & supervision is given throughout the activity. All participants are asked to share relevant previous & existing medical issues prior to being able to register for the activity. Leader to group ratio amended as required by the category of walk to be led. All accidents and incidents are recorded and appropriate action undertaken as required.

HIKING L0 & L1 (Hill Leader & Mountain Trail Leader)			
Hazards arising from activity		Control measure(s) in place to reduce risk from each hazard	Arrangements to ensure the control measure(s) continue to be effectively implemented
GENERAL	<p>Injury due to falling over</p> <p>Rock fall</p> <p>Getting lost / split up.</p> <p>Darkness</p>	<p>Supervision, choice of route, appropriate footwear. First aid kit carried by Organiser.</p> <p>Clear briefing given at start of session to provide awareness of such hazards and throughout activity to maintain awareness of hazards.</p> <p>Experienced organiser with local knowledge equipped with a map and compass. Ensure group stays together.</p> <p>Realistic plan for the day, with cut short options. Torches carried if suspected back late or in the dark.</p>	
WEATHER	<p>Extreme weather</p> <p>Sunburn / heat exhaustion / heat stroke</p> <p>Hypothermia / hyperthermia</p> <p>Dehydration</p>	<p>Organiser to check weather forecast prior to activity & observe conditions throughout. If necessary change plans, amend route & move to safety.</p> <p>Organisers will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity.</p>	Weather forecast to be reviewed prior to setting out.



		<p>Ensure participants have suitable & adequate clothing plus access to warm (or cold) drinks / sources of energy.</p> <p>Remind participants about sun protection.</p> <p>Organisers should be First Aid trained.</p>	
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MOUNTAINEERING L2 & L3 (Mountain Leader & Mountain Snow Leader)

Hazards arising from activity		Control measure(s) in place to reduce risk from each hazard	Arrangements to ensure the control measure(s) continue to be effectively implemented
GENERAL	<p>Injury due to falling over</p> <p>Rock / ice fall / avalanche</p> <p>Getting lost / split up</p> <p>Darkness</p>	<p>Supervision, choice of route, appropriate footwear. First aid kit carried by Organiser.</p> <p>Plan safest route. During thaw periods avoid areas of highest hazard. Helmets suggested.</p> <p>Clear briefing given at start of session to provide awareness of such hazards and throughout activity to maintain awareness of hazards.</p> <p>Experienced organiser with local knowledge equipped with a map and compass. Ensure group stays together.</p> <p>Realistic plan for the day, with cut short options. Torches carried if suspected back late or in the dark.</p>	<p>Group sizes will be restricted to a max of 12 on L2 events and a max of 8 on L3 events.</p>
KIT	<p>Injuries from equipment</p> <p>Bad use of ice axe / crampons etc</p>	<p>Good teaching of Ice Axe and Crampon use.</p> <p>Coaching on carrying of ice axe and crampons on rucksack.</p> <p>Briefing to group regarding hazards when walking together.</p>	
WEATHER	<p>Extreme weather</p> <p>Sunburn / heat exhaustion / heat stroke</p> <p>Hypothermia / hyperthermia</p> <p>Dehydration</p>	<p>Organiser to check weather forecast prior to activity & observe conditions throughout. If necessary change plans, amend route & move to safety.</p> <p>Organisers will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity.</p>	<p>Weather forecast to be reviewed prior to setting out.</p>



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