

Risk Assessment – Mountain Walking

Updated - 14.02.18

Required Instructor Competence	<ul style="list-style-type: none"> • Mountain Leader Award – Summer • First Aid Certificate
Ratios	<ul style="list-style-type: none"> • 1:10 • Ratios must be reduced to meet the needs of participants where appropriate - e.g. behavioural issues, weather.

Identified Hazards	Who is at risk?	Example Causes	Control Measures
Personal Injury E.g. Slips, Cuts, Twisted Ankles, Spinal Injuries, Broken Bones	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Tripping over rocks. • Tiredness leading to falling over more easily. • Descending steep routes. • Back injuries caused by lifting heavy rucksacks 	<ul style="list-style-type: none"> • Instructor to provide health and safety briefing to prevent injuries where appropriate. • Instructor to carry first aid kit. • Group taught how to lift rucksacks appropriately in pairs if necessary • Walking rope to be carried for emergency use. • First Aid and emergency procedure training to be provided prior to expedition.
Difficulty controlling body temperature (Hyperthermia/Hypothermia)	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Cold, wet windy days. • Carrying heavy equipment • Hot, sunny days • Inappropriate clothing 	<ul style="list-style-type: none"> • Obtain weather forecast and plan accordingly. • Appropriate clothing to be worn / carried. • Appropriate amounts / type of food and drink should be carried dependent on weather conditions, terrain etc. • Use of sun cream to be encouraged. • Appropriate group safety equipment to be carried – e.g. shelter, warmth etc.
Water Borne Infection	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Drinking from inappropriate sources. 	<ul style="list-style-type: none"> • Instructor to consider carefully the sources of water which are used by themselves and group, based on local knowledge.

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Ticks & Lyme's Disease	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none">● <u> </u> Sitting in long grass● <u> </u> Walking through thick undergrowth.	<ul style="list-style-type: none">● Appropriate brief given to group
Group not returning	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none">● Low cloud● Injury● Poor navigation	<ul style="list-style-type: none">● Instructor to leave route details, including return time and emergency contact details.

N.B. This Risk Assessment in no way negates the need for continual dynamic risk assessment