

WALKING & MOUNTAINEERING

Date of Assessment 22/1/15

| | Casual factors, hazards, dangers | Risk management strategies, normal operation. | Site Specific |
|--------|---|---|--|
| People | Awareness of risks – such as slips, trips, falls, fatigue, dehydration, heat stroke, fear of heights. | Identify phobias, illnesses, injuries, and ability using Personal Details Form and make an assessment as to suitability for participation. Provide adequate training / instruction based on above. | This space is to be completed on the day of the activity, identifying any specific dangers, changes since the last visit and/or difficulties/risks that will need to be assessed before, during and after the session. |
| | Overestimate of ability Inadequate training / instruction Safety / rescue procedures. | Assess ability from questioning. Provide adequate training/ instruction for each section of the climb. Instructors trained in medical / rescue techniques. | |
| | Group control (anxiety/excitement). | Instructor trained and experienced in group management. | |
| | Getting lost/incident during remote supervision | Supervising staff appropriately qualified e.g Expedition supervisor's award. Exchange of contact details to supervisors. Participants equipped appropriately with first aid kit and or emergency shelters (if tent carried not required) Checkpoints set up. Staff supervising at road junctions/crossings identified as hazardous to a particular group. | |

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| | Energy intake and hydration levels fall too low | Group prepared and trained fully. Made aware of the importance of eating and drinking. Correct quantities of food and water checked and carried. | |
| Equipment | Clothing/equipment insufficient or incorrectly used, or left at home. Inadequate footwear. Lack of fluids or foods. | Correct clothing worn and any personal kit checked to make sure it's suitable and safe for use. Kit List sent prior to activity. Spare equipment if needed to address the weather conditions or if participants have forgotten to bring any items. Spare food and drink. | |
| | Inadequate footwear | Appropriate footwear must be worn at all times, this may be suitable trainers that have adequate grip on sole Kit list provided prior to activity. | |

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| Environment | Weather conditions making uncomfortable for participants. Cold, especially on summits. | Weather checked by instructors prior to activity. Ensure clients have appropriate clothing for activity and spare clothing for emergencies. | |
| | Falling rocks, slippery ground | All instructors trained in relevant emergency procedures and first aid. | |
| | The general public/animals using the same spaces, access restrictions. | Initial safety briefing given about the environment, including, safety and | |



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| | | awareness of other people/animals etc., access rights, the country code etc. | |
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REVIEW DATE 23/1/16