

**Risk Assessment**

Lindley Educational Trust

**Hill Walking**

Current as of June 2011

By Chris Groves

Hollowford Centre

**Inc. night hike, unaccompanied, gorge & winter mountaineering**Review date by 1<sup>st</sup> May 2012**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 and healthy leisure time activity.

**HAZARD****RISK****CONTROL MEASURE****FURTHER ACTION REQUIRED****RESPONSIBILITY / DUE & COMPLETED DATES**

General

Various injuries

Code of Practice applies  
 Suitably qualified & experienced instructor (includes First Aid)  
 Clear briefings & supervision  
 All accidents, near misses and incidents are recorded and appropriate action undertaken as required. Safety reviewed in staff meetings.  
 Seek & share information with similar providers

No further action at this stage

***For every session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session***

Extreme Weather

Sunburn  
Hypothermia  
Hyperthermia

Instructor to check weather forecast prior to activity & observe conditions throughout. If necessary change plans, amend route & move to safety.  
 Ensure participants have suitable & adequate clothing plus access to warm (or cold) drinks  
 Remind visiting staff & young people about sun protection.

No further action at this stage

Slips &amp; Trips

Various injuries

Clear briefings & supervision  
 Participants appropriately kitted out with suitable footwear

No further action at this stage

Participants

Various

Participants asked to share relevant previous & existing medical issues.  
 Visiting group leaders asked any other (eg behavioural) issues  
 Staff ratios (group size) amended as required

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HAZARD	RISK	CONTROL MEASURE	FURTHER ACTION REQUIRED	RESPONSIBILITY / DUE & COMPLETED DATES
<b>Night Hike</b>	Various injuries	Clear briefings & supervision Suitable level of lighting appropriate to terrain, conditions, group etc	No further action at this stage	
<b>Unaccompanied</b> (remotely supervised)	Various injuries	Clear briefings & supervision – appropriate route choice / navigation & emergency procedure training & assessment. Group carry first aid kit & other safety equipment inc mobile phones preferably more than one network & relevant nos. – numbers swapped (instructor has group, group have centre & instructor mobile) Instructor monitors group & progress with agreed meeting points	No further action at this stage	
<b>Gorge</b> (stream walk)	Various injuries	Helmets to be worn Qualified & experienced instructor – use of spotting or safety rope as appropriate. Should be familiar with venue. Additional & spare clothing + warm drinks available (usually minibus)	No further action at this stage	
<b>Winter Mountaineering</b>	Various injuries	Qualified & experienced instructor Familiarity and use of equipment to include correct fitting and use of crampons & use of ice axe. Instructors to satisfy themselves participants are suitably equipped & prepared before heading to more challenging areas Helmets to be worn on steep ground Continuous monitoring of group & conditions	No further action at this stage	