

## Risk Assessment

Lindley Educational Trust

### Hill Walking

Current as of April 2010

By Chris Groves

Hollowford Centre

**Inc. night hike, unaccompanied, gorge & winter mountaineering**

Review date by 1<sup>st</sup> May 2011

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	
<b><i>For every session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session</i></b>				
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 & 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		
<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 (remotely supervised)</b>	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	

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<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	