

Reach out Adventures

Hill and Moorland Walking

Risk assessment 1.1

Hazard	Likelihood & seriousness of injury	People at risk	Control measures in place to reduce the risk from each Hazard	Remaining risk
General Injury due to falling over Rock fall Darkness	Possible serious	Everyone involved	<ul style="list-style-type: none"> ●Experienced Leader to check over routes and suggest any changes necessary, appropriate footwear. ●Effective group management throughout the activity. ●Participants to carry first aid kits. ●Clear briefing to be given at start of the session, to provide awareness of such hazards throughout activity to maintain awareness of hazards ●Experienced leader to check over routes and suggest any changes necessary. Participants aware of escape too options. Torches to be carried by all. 	Low
Weather extreme weather sunburn/heat exhaustion/ heat stroke hypothermia dehydration	Possible serious	Everyone involved	<ul style="list-style-type: none"> ●Experienced leader to check weather forecast prior to activity, and to observe conditions throughout the day. ●If necessary change plans, amend route and move to safe place. ●Experienced leader to carry appropriate equipment (i.e. shelter) Participants briefed on poor weather plan (i.e. use tent outer) ●Participants should be reminded about sun protection. Effective group management throughout the day with rest periods for food and drink. ●Ensure participants have suitable clothing plus access to warm(or cold) drinks/ sources of energy. Experienced leader to carry extra equipment i.e. hat and gloves. ●Experienced leader will modify or curtail the activity if prevailing conditions are inappropriate for the group or planned activity. 	Low

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Falls, Drowning	Possible serious	Everyone involved	<ul style="list-style-type: none"> ●Route researched and pre-walked – significant hazards (cliffs, water hazards, quarries etc) avoided or carefully assessed. ●Weather forecast obtained and conditions monitored; route changed if necessary if local rivers flood. Met office website checked for flood warnings when possible, either the day before or the morning of the proposed trek. 	Low
Getting lost	Unlikely serious	ALL participants	<ul style="list-style-type: none"> ●Route cards to be carried at all times. ●Good relocation practise and navigation practise before working with group. ●Group size as low as possible (Minimum of 4 with a maximum group size of up to 7, 8 for tandem modes of transport e.g. Canoeing) and well supervised at all times. ●Regular head counts during trek. 	Low
Scrambling up and over Rocks	Possible serious	All Participants	<ul style="list-style-type: none"> ●Leader to check over routes and suggest any changes necessary before trekking. ●Good briefing and group management. ●Effective remote supervision to be used. ●Leader to assess weather conditions prior activity and continues motioning throughout. ●Effective route planning guidance to ensure this terrain type is avoided 	Low

1.1 Completed Date: 23/11/2016

Review Date: 23/5/2017