



Adventure Learning North-East Limited

Risk Assessment Form

SITE/ LOCATION: Terrain within BELA remit

AREA: United Kingdom.....

ASSESSORS NAME: .Andrew Devereux.....

ASSESSORS SIGNATURE: 

ASSESSMENT DATE: .01/04/16.....

ACTIVITY: Hill Walking.....

HEAD COACH: .Andrew Devereux.....

PROCEDURES:

1. Identify potential hazards which could reasonably be expected to result in significant harm
2. Identify who might be harmed
3. Consider existing controls - is the risk of significant harm low/ unlikely, medium/ possible or high/ probable
4. Where the risk is identified as medium or high, identify the action required
5. If the risk is low, further precautions are optional and the activity may proceed
6. Where the risk is medium, it is desirable that further precautions are taken before the activity proceeds
7. If the risk is high, it is essential that the activity does not proceed until the risk has been significantly reduced



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TASKS UNDERTAKEN: activity/ area assessed	HAZARDS IDENTIFIED: NB: Any serious or imminent danger will need a procedure	RISK: Low/ Medium/ High	PERSON(S) AT RISK: i.e. coach, juniors, adults with special needs	EXISTING CONTROLS:	ADDITIONAL CONTROL MEASURES REQUIRED:	TARGET DATE: for action by	COMPLETED ON: date and initial
Weather Conditions including extreme conditions.	To be assessed on the day. E.g. High winds or heavy showers will result in not going on the activity. Sunburn Hypothermia Hyperthermia	Low / medium	All	Code of Practice applies Suitably qualified & experienced instructor (includes First Aid) Clear briefings & supervision at all times. 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.	Check the weather forecast on the morning before the session and that the participants are suitably dressed and e.g. Sun Cream is provided.	Ongoing	Ongoing
Uneven Terrain	Slips and Trips, Various minor injuries. E.g. bruising, cuts and sprains.	Low/ Medium	All	Clear briefings & supervision Participants appropriately kitted out with suitable footwear. E.g. walking boots No Young Person must carry a load of more than ¼ of his/her body weight. All kit must be carried in appropriate rucksack which will be determined by a qualified and experienced leader.	Check participants are appropriately dressed before activity. Clear briefing prior to activity.	01/11/15	Ongoing



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Incorrect Equipment	Dehydration, fatigue, minor injuries e.g. blisters.	Low/ Medium	All	<p>Each walker must wear boots or strong shoes with a good tread and personal clothing suitable for the weather and terrain. Where appropriate, having regard to conditions prevailing on the day, each walker should carry:</p> <ul style="list-style-type: none"> - Windproof/waterproof jacket and trousers (not jeans) - Spare socks - Woollen sweater - Hat - Gloves - Where required, high factor sun protection, sunglasses, lightweight cotton hat and long sleeved cotton shirt - Enough food and water for duration of walk. (a minimum of 1ltr of water must be carried by walkers at all times, more if there is no provision to refill on route) - Sealed emergency food, including high energy foods such as chocolate bars for use in an emergency - Torch (spare batteries and bulb) 	A check of all kit will take place immediately prior to activity. All participants will be given a list of equipment needed at least a week in advance. All participants will have sufficient knowledge of why all this is necessary and briefing of specific conditions immediately prior to activity.	01/11/15	Ongoing per session assessment
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				<p>Attendance at a mountain first aid course is advantageous</p> <p>Emergency contact numbers to be permanently manned by a person/persons who have a clear idea of the necessary action to be taken.</p> <p>No young person must carry a load that exceeds $\frac{1}{4}$ of his or her body weight.</p> <p>Only rucksack-type carriers may be worn – shoulder bags, kit bags, etc., are unsuitable and inappropriate. The group must carry between them:</p> <ul style="list-style-type: none">- First aid kit- An emergency shelter to accommodate the whole group- Filled thermos flask or equipment for making hot drinks- Whistles- Maps and compasses- Route card- Radio/ Mobile phones <p>All members of an unaccompanied walking group must carry a survival bag</p>			
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Unaccompanied (remotely supervised)	Getting Lost, learner error resulting in; unsound decisions, disintegration of group, leadership conflict, deterioration of group member going un noticed.	Low/ Medium	All	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. Groups will have worked together previously. All participants will have had training in First Aid and identifying issues.	Ensure all participants going on an unaccompanied walk are competent, have had sufficient training. All kit will be checked prior to walk to ensure they have enough to cover themselves for every eventuality. Agree check points in advance and ensure there is a form of contact at all times e.g. radio/mobile. All participants will be briefed prior to activity on procedures for the activity.	01/11/15	Ongoing
Getting Lost	Hyperthermia, Fatigue, Group disintegration, Spending longer on	Low	All	All participants will have had sufficient navigation training or be accompanied by a qualified and experienced member of	Assessment of route, group and conditions will be made	01/11/15	Ongoing per activity assessment



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	the hill than planned.			<p>staff. All routes will be checked by a qualified and experienced member of staff before any young person participates. Group must be able to be in contact with base or centre at all times. Route card to include:</p> <ul style="list-style-type: none"> - details of route - alternative bad weather or emergency escape routes - names of party and leader - estimated time of arrival at destination or return to base. 	<p>immediately prior to walk. If there is an increased risk of getting lost due to weather, path deterioration or group mentality then the walk will not take place. Contact will be maintained at all times and agreed check points and times will be met.</p>		
<p>Participants on and before setting off on walk. e.g. medical conditions such as asthma and listening during the briefing.</p> <ul style="list-style-type: none"> - Grouping - Personal equipment 	<p>Participants with complex medical conditions must be under Direct Supervision throughout the activity, all other medical conditions will be highlighted and parental information given. Participants must be supervised at all times (directly or remotely)</p>	Low	Participants	<p>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. Info shared with all staff.</p>	<p>All background checks, including consent forms will be read, shared and checked prior to use. Staff trained in First Aid. Reporting procedures in place as per the Centre guidelines. All Participants personal equipment will be</p>	01/11/15	Ongoing as per the session.



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	Participants must be in groups of no less than 4 at any one time.				checked before setting off by a qualified and experienced member of staff.		
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Continuous dynamic risk assessment will take place during every walk by a qualified and experienced member of staff