

<i>Risk Assessment – Hill Walking</i>			
<b>Hazard</b>	<b>People Harmed</b>	<b>Risk Control</b>	<b>Further Action</b>
Fire in Tents	All participants	<p>Participants to be trained in the art of camp craft. All participants to be made well aware that:</p> <ul style="list-style-type: none"> <li>a) Cooking only to be undertaken outside the tent.</li> <li>b) No naked lights allowed in the tents.</li> <li>c) No candles allowed in the tents.</li> <li>d) No smoking in the tents.</li> </ul> <p>Should cooking have to take place near the tent all occupants must be outside the tent.</p>	Supervising staff to reinforce the message throughout training and whenever necessary during ventures either practice or qualifying.
Stoves	All participants	<p>All participants to be trained on the type(s) of stove(s) to be used during the ventures. Supervising staff to be confident that participants can use them safely.</p> <p>Stoves to be used must be checked prior to use for damage or other problems that may cause malfunction especially in the case of primus stoves.</p> <p>If gas cylinders are to be used the sealing mechanism should be thoroughly checked before the equipment is issued to participants.</p>	Supervising staff to reinforce the message throughout training and whenever necessary during ventures either practice or qualifying.

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Burns during cooking	All participants	<p>Supervisors / trainers to ensure that participants are able to cook on the stoves provided and chance to practice under supervision organised.</p> <p>Cook on level ground.</p> <p>Do not overfill cooking pots / pans.</p> <p>Participants not involved in the cooking process to be well away from the cooking site.</p> <p>Ensure participants have pan handles / cloths available when cooking</p>	Supervising staff to reinforce the message throughout training and whenever necessary during ventures either practice or qualifying.

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Food storage	All participants	<p>Ensure food is stored in suitable containers glass bottles are not to be allowed.</p> <p>Ensure food is suitable for storage over a number of days without refrigeration.</p> <p>Ensure food is not contaminated during the venture through contact with fuel for stoves.</p>	
Weather	All participants	<p>Ensure weather forecasts are obtained prior to commencement of the venture from a number of sources.</p> <p>Ensure that participants have up to date weather information throughout the venture to make appropriate changes to the venture.</p> <p>Have bad weather alternative route plans to be followed should the weather turn particularly poor.</p> <p>Ensure that participants have sufficient equipment and supplies to survive at least a one-night wilderness camp if they become benighted.</p> <p>Ensure participants have appropriate equipment, clothing and supplies to meet the worst possible weather scenario in the area chosen for the venture and the time of year.</p>	<p>Supervisors to keep an eye on the changing conditions and obtain a weather report daily from the most appropriate source.</p> <p>Be prepared to abandon the venture if this becomes necessary, the participants safety is of paramount concern throughout.</p>
Becoming benighted	All participants	<p>Participants to be trained in what to do if they cannot make the proposed camp. Sufficient equipment to always be carried to allow for an overnight stay.</p> <p>Emergency system to be set up to deal with such a situation possibly using mobile phones. Supervisors to</p>	

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Becoming benighted cont'd		have an emergency search plan ready to execute as soon as possible to locate or rescue the group(s)	
Hypothermia	All participants	<p>Ensure that all participants are adequately clothed and equipped for the venture to be undertaken considering the location and season for the venture.</p> <p>All participants to be trained to recognise the signs, symptoms and causes of the onset of hypothermia. Participants to be trained in how to deal with someone who is or is suspected of being hypothermic and in looking after themselves.</p>	Emergency contact and / or evacuation procedure to be established prior to the venture.
Hyperthermia and sunburn	All participants	<p>Ensure that all participants are adequately clothed and equipped for the venture to be undertaken considering the location and season for the venture.</p> <p>All participants to be trained to recognise the signs, symptoms and causes of the onset of hyperthermia. Participants to be trained in how to deal with someone who is or is suspected of being hyperthermic and in looking after themselves.</p> <p>Ensure that participants have sufficient water for the day.</p> <p>Ensure that participants have sun cream for the day.</p>	<p>Emergency contact and / or evacuation procedure to be established prior to the venture.</p> <p>Supervisors to make additional water supplies available throughout the day if necessary.</p> <p>Supervisors are to ensure that the participants use sun cream wherever possible.</p>

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Existing medical conditions	Those concerned	<p>Ensure that medical forms are completed prior to the start of the venture. If there is a serious medical condition a doctor’s letter agreeing to participation should also be sought.</p> <p>All participants to be made aware of medical conditions affecting party members where such information needs to be made public for the safety of either the group as a whole or the individual concerned.</p> <p>If anaphylactic reactions are to be expected adrenalin pens are to be carried by the group and group members trained in using the device.</p> <p>All relevant medicines to be carried on the venture and group members trained to recognise signs / symptoms of relevant conditions and how to react should they happen, including the administration of medicines.</p>	<p>Emergency contact and / or evacuation procedure to be established prior to the venture.</p> <p>If sufficient medical cover cannot be organised to the supervisor’s satisfaction then the participant must not be allowed to go, the participant’s safety is of paramount concern throughout.</p>
Injuries from heavy packs	All participants	<p>All participants to be trained on the type(s) of rucksack(s) to be used during the ventures. Supervising staff to be confident that participants can use them safely.</p> <p>Participants to be trained in loading rucksacks correctly and to an appropriate weight.</p> <p>Supervisors / trainers to weigh suspicious rucksacks prior to the venture beginning to ensure they are within acceptable limits.</p>	<p>Supervising staff to reinforce the message throughout training and during ventures either practice or qualifying.</p> <p>Consider pre-positioning equipment for those of small stature if this becomes necessary.</p>
Roads / traffic	All participants	<p>Ensure all participants are conversant with the Highway Code and understand the dangers from traffic.</p>	

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Roads / traffic cont'd		Organise routes to avoid roads wherever possible especially crossing busy main roads	
Drowning	All participants	<p>Ensure participants are aware of the dangers associated with water during a venture:</p> <ul style="list-style-type: none"> <li>i) Falling into streams and lakes.</li> <li>ii) Swimming in cold water.</li> <li>iii) Attempting river crossings.</li> </ul> <p>Participants instructed not to attempt river crossings but to organise routes to avoid this.</p> <p>Swimming in natural waters is not to be permitted unless supervised and a specific risk assessment has been conducted.</p> <p>Supervising staff to supervise the crossing of significant bodies of water and alternative routes to be organised should the flow be above an acceptable level.</p>	
Knives	All participants	Ensure knives carried are legal, appropriate to the venture and secured in an appropriate sheath.	
Terrain (slipping / tripping)	All participants	<p>Ensure participants are trained in a variety of situations and can cope with changing terrain. Participants need to be trained to ascend and descend safely, including scree slopes.</p> <p>Tiredness is the cause of most accidents so participants must be fit enough for the venture to be undertaken, not overloaded and sufficient rest stops arranged during the day.</p>	

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		<p>Routes to be appropriate to the ability of the group, their fitness and the level of award being undertaken.</p> <p>Routes to be organised so as not to overload a particular day if possible ascend in the morning and descend during the afternoon.</p> <p>Scree slopes to be avoided if at all possible</p>	
Getting lost	All participants	<p>Supervisors / trainers to be confident in the ability of all participants to navigate to a reasonable standard.</p> <p>Supervisors / trainers to arrange meeting places throughout the day to keep an eye on the group’s progress.</p> <p>Emergency contact and / or evacuation procedure to be established prior to the venture.</p>	Covert surveillance to be carried out by supervisors / trainers if this is deemed necessary.
Farm animals	All participants	Participants to be aware of the dangers associated with farm animals and be prepared to alter routes if this becomes necessary.	
Day accompanied walk emergencies	All participants	<p>Supervising staff to carry relevant emergency equipment including first aid kit, group shelter, survival bag, spare clothing, rope, slings + karabiners.</p> <p>Supervising staff to know the whereabouts of emergency telephones or carry a mobile phone to summon assistance.</p> <p>Route card to be left with home based contact and arrangements made to ensure that base knows the group are safe.</p>	

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Loose rocks	All participants	<p>Scrambling only to be undertaken under the supervision of qualified staff (MLC Summer as a minimum). When scrambling beware of the possibility of dislodging rocks and party to be organised in such a way as to prevent injury occurring.</p> <p>On scree slopes particular attention to be paid to the positioning of the party to avoid being hit by dislodged rocks or other material</p>	