

GENERAL HEALTH & SAFETY RISK ASSESSMENT FOR:

HILL/MOUNTAIN WALKING

PART 1 : ADMINISTRATIVE DETAILS

Section/Establishment Name: Lea Green Centre

Date of 2021

Date of

Assessment  
carried out by

DH

Signature

Reviews

Review Date	Reviewed by	Date	Changes	
			Y	N
	DH	Jan 21		
Jan 22	IW	Jan 22	Y	
Nov 22	IW/GN/PV	3/11/22	Y	
Nov 23	IW/GN/DH/PV	14/11/23		N
Dec 2024	IW GN	4/12/24	Y	
Jan 26	PV GN	6/01/26		N

Affected

Young ☒

Staff ☒

Visitors ☒

Contractor ☐

Others (specify)

Name of Manager confirming and agreeing Assessment:

DH

Signature:

The following sections should be completed by all staff who need to be made aware of and abide by the findings of the Risk Assessment.  
NB: If, as a result of a review, changes are made to the Risk Assessment the relevant box on the attached page should be completed as appropriate by the staff concerned.

# RISK ASSESSMENT

What are the hazards?	Generic Control Measures implemented	✓ X	Person to implement	Additional Control measures needed to reduce risk to an acceptable level	Person to implement	Date to be actioned
<b>Safety and Competency.</b>	Instructors must hold a Mountain Training National Governing Body Award They must be aware and comply with the centre operating procedures.			All Leaders to work within the scope of their award Regular refreshers and monitoring All near misses and or accidents are recorded and reported. Safety Culture of openness and sharing is fostered.		
<b>Emergency Procedures</b>	Route plan completed/verbally agreed with duty manager. Escape routes planned Return time recorded and call out procedure instigated Knowledge of medical, behavioural and any fitness related issues of students & staff Instructor to hold valid First Aid Qualification Fully charged Mobile phone / whistle Students & Visiting Staff safety briefed			Emergency contacts and procedures carried All near misses and or accidents are recorded, reported, and shared  Dynamic Risk Assessment for the beginning, route adapted to suit the needs of the group Individual Equipment check by the instructor, including asking visiting member of staff		
<b>Unprepared group members</b>	Ensure participants have suitable & adequate clothing			Individual Equipment check by the instructor, including asking visiting member of staff		
<b>Weather</b>  Extremes of temperature, precipitation, and wind in a mountainous and remote environment	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					

	<p>Suitable spare clothing and necessary survival equipment</p> <p>warm (or cold) drinks</p> <p>Sun protection if required</p>					
<b>Slips, trips, and falls</b>	<p>Clear briefings &amp; supervision</p> <p>Participants appropriately equipped with suitable footwear</p> <p>Suitable choice of route &amp; terrain</p> <p>Knowledge of emergency procedures</p>					
<b>Illness</b>	<p>Information about existing medical conditions known by staff. Parental consent &amp; medical forms</p>			<p>Check medication that may need to be accessed immediately is carried on the activity e.g. inhaler/Adrenaline auto-injector.</p>		
<b>Traffic on roads, bikes, and horses on bridleways.</b>	<ul style="list-style-type: none"> <li>• Group to be briefed to behave appropriately.</li> <li>• At night high visibility vests to be worn as appropriate.</li> <li>• Group briefed on awareness of cars on roads and horses/bikes on bridleways, warning signal to be arranged.</li> <li>• Group management.</li> <li>• Adult supervision of road crossings.</li> </ul>					
<b>Inappropriate behaviour.</b>	<ul style="list-style-type: none"> <li>• Group briefing and management.</li> <li>• Use of 'Sin Bin' facility or suspension of activity.</li> </ul>					
<b>Safeguarding.</b>	<ul style="list-style-type: none"> <li>• Group briefing and management.</li> <li>• Staff vigilance.</li> <li>• 'Regrouping' signal e.g., whistle.</li> </ul>					
<b>Animals.</b>	<ul style="list-style-type: none"> <li>• Leaders' awareness of animals in fields and appropriate action to take.</li> </ul>			<p>Particular care to be taken when cows have young. Avoid field if possible or muster group to walk as tight unit.</p>		

<b>Drowning.</b>	<ul style="list-style-type: none"><li>• Leaders' awareness of any water hazards along route.</li><li>• Group briefing prior to setting out.</li></ul>			Crossing of water hazards to be at bridges or stepping stones (non submerged)		
------------------	---	--	--	---	--	--