


SPORT SPECIFIC RISK ASSESSMENT 3 – HILL WALKING & MOUNTAINEERING



SSRA 3 – HILL WALKING & MOUNTAINEERING		
Applicable to all hill walking and mountaineering activities for CHMAS. See instructor skills matrix for staff / client ratios Route details to be left with a nominated person prior to activity.	Date Compiled	01 February 2020
	Compiled By	Chris Hughes
	Date of Next Review	01/02/2023
		Is the activity acceptably safe if managed as below (YES/NO): YES
		Signed: 

SPORT SPECIFIC RISK ASSESSMENT 3 - HILL WALKING & MOUNTAINEERING		
Benefit Statement	<i>There is a great sense of achievement in climbing to the top of a summit. Hill walking gets people off tarmac and gives them an opportunity to explore wild and natural landscapes. Walking is an easily accessible and healthy leisure time activity.</i>	
Hazard	Risk	Control Measures
General	Various injuries	Use suitably qualified and experienced instructor that hold an appropriate in date first aid certificate. Clear activity briefings and supervision to be provided. All accidents, near misses and incidents are recorded and appropriate action undertaken as required.
Extreme weather	Sunburn Hypothermia Heat Exhaustion / Heat Stoke	Weather forecast to be obtained and impact on venue to be considered. If conditions, make activity unsuitable consider alternative activity. Remind participants about sun protection and participants have suitable & adequate clothing plus access to warm (or cold) drinks.
<i>For every session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session.</i>		

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Hazard	Risk	Control Measures
Participants	Various injuries	Instructor to check / recheck medical history (discretely) before commencing activity. Instructors to also check with group leaders about any behavioural issues.
Slips & trips	Various injuries	Clear briefings & supervision commensurate with the terrain. Participants to wear appropriate footwear.
Getting lost / separation	Various injuries / anxiety	Experienced staff with local knowledge equipped with a map and compass. Group briefed to stay together and use of buddy system. Group to be briefed to stay together, appoint tail end Charlie and use of buddy system. Brief group on what to do if separated.
Unaccompanied DofE Expeditions	Various injuries	Clear briefings and supervision with teams having taken navigation and emergency procedures training. Groups to carry first aid, group shelter and a means of communication. Instructor to monitor group and progress with agreed meeting points See also the CHMAS Operating Procedures Manual – Remote Supervision.
Scrambling	Various injuries	Instructor to ensure participants have received training in movement on steep ground before moving on to more challenging areas. Instructor to consider wearing helmets and to carry additional safety equipment for the terrain. Instructor to monitor participants and conditions throughout the session.
Winter Mountaineering	Various injuries	Instructor to ensure participants have received instruction and training in ice axe use and walking in crampons before venturing onto more challenging areas. Helmets to be worn on step ground and instructor to monitor participants and conditions throughout the session.