

Activity Risk Assessment: Mountain Walking (Summer)

Adventure Hunter recognises that using suitably qualified and experienced Instructors reduces the risks of the activity. We always use instructors who are suitably trained and qualified and who are aware of the relevant emergency procedures. We also work within industry-recognised instructor-to-participant ratios for the activity.

- Instructors must hold the following qualification as a minimum requirement:
Summer conditions: Mountain Leader (summer)
Outdoor First Aid (2-day)
- Participants must be 18+ unless accompanied by a parent/carer
- Maximum Instructor to Participant Ratio: 1:12

Identified Hazard	Who it effects	Unmanaged Risk	Control Measures	Managed Risk
Getting Lost	Group & Instructors	Possible Serious Medium (4)	Route card/description must be left with a third party including an estimated time of return (ETR) and an Emergency Action Plan (EAP) established and followed if necessary. Instructors must provide a thorough brief outlining the importance of keeping together. Groups must be monitored and managed at all times. Instructors must be proficient navigators and carry the relevant map for the area, compass, and a mobile phone.	Unlikely Serious Low (2)
Group getting separated	Group & Instructors	Possible Serious Medium (4)	Instructors must be vigilant at all times and provide a good briefing outlining the risk. The group must be well managed, and speed/pace controlled to keep the group together. Regular headcounts should be made and designate a 'back marker' if necessary.	Unlikely Serious Low (2)
Falls on steep ground	Group & Instructors	Possible Fatal High (6)	Instructors must plan suitable routes for the group's ability and aspirations and the prevailing weather. A good clear brief outlining the hazards must be given and monitoring/coaching safe and efficient movement. Instructors must also ensure participants are wearing suitable footwear for the terrain and use safeguarding techniques such as spotting as required.	Unlikely Fatal Medium (3)

Poor visibility/ Darkness	Group & Instructors	Possible Serious Medium (4)	Instructors must carry a map and compass and be suitably trained and equipped to navigate safely in mountainous terrain. Instructors must carry head torches (and spare). During the winter months with fewer daylight hours, group members should also carry head torches. Contingency plans should be made with cut short options.	Possible Minor Low (2)
Adverse Weather	Group & Instructors	Possible Serious Medium (4)	Instructors must check weather reports and interpret for Mountain conditions. Ensure groups are adequately clothed and equipped for expected conditions. Always carry a group shelter and spare hats/gloves and warm layers as necessary and a mobile phone.	Possible Minor Low (2)
Other major injuries	Group & Instructors	Possible Fatal High (6)	Instructors must ensure groups are adequately equipped and provide a thorough brief outlining hazards and implement safeguarding measures as and when necessary. Instructors must also have valid first aid training and carry a first aid kit and mobile phone at all times.	Unlikely Serious Low (2)
Exposure related: Hypothermia/ Hyperthermia/ Sunstroke/ Dehydration	Group & Instructors	Possible Fatal High (6)	Groups must be suitably clothed and equipped. Instructors must be suitably trained and able to recognise and deal with signs of exposure. Carry spare warm clothing/group shelter for cold and wet conditions and plenty of water, and sun cream on hot and sunny days.	Unlikely Serious Low (2)
Minor trips, slips & falls	Group & Instructors	Probable Serious High (6)	Appropriate footwear must be used and checked by instructors. Vigilance from the instructor/s who must monitor participant's movement. Good group management skills must be demonstrated. First Aid kit/ mobile phone/radio and group shelter must be carried and available if required.	Possible Minor Low (2)

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