

Activity Risk Assessment: Mountain Walking (Winter)

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:
Winter conditions: Mountain Leader (winter)
Outdoor First Aid (2-day)
- Participants must be 18+ unless accompanied by a parent/carer
- Maximum Instructor to Participant Ratio: 1:12

In addition to the activity risk assessment for mountain walking in summer conditions, the following risk assessment for mountain walking in winter conditions applies.

Identified Hazard	Who it effects	Unmanaged Risk	Control Measures	Managed Risk
Avalanche & Cornice Hazards	Group & Instructors	Possible Fatal High (6)	Instructors must consult avalanche and weather forecasts and reports prior to the activity and be suitably trained to identify these hazards and understand the effect of terrain and weather on them. A good brief outlining the hazards must be provided to participants and use of the Scottish Avalanche Information Service (SAIS) Be Avalanche Aware guide must be demonstrated in the decision making process. Additionally, instructors must demonstrate awareness of 'heuristic traps'.	Unlikely Fatal Medium (3)
Falls on steep ground and increased run-out zones	Group & Instructors	Possible Fatal High (6)	Instructors must plan suitable routes for the group's ability and aspirations and the prevailing conditions. A good clear brief outlining the hazards must be given including self-arrest if necessary and helmets must be worn at all times when using ice axe and crampons. Instructors must demonstrate and coach good movement and cramponing technique. Instructors must remain vigilant in assessing terrain and the snow conditions and understand the seriousness of potentially increased run-out zones if a fall was to occur.	Unlikely Fatal Medium (3)

<p>Poor visibility/ Darkness/ Whiteout</p>	<p>Group & Instructors</p>	<p>Possible Serious Medium (4)</p>	<p>Winter brings much shorter daylight hours and instructors must be prepared and capable of navigating in extremely difficult conditions. Instructors must carry a map and compass plus spares and be capable of navigating in extreme conditions and well-versed in re-location strategies (GPS or similar technology should be considered as an aid to this but never as a sole means of navigating). Head torches and goggles must be carried by instructors and participants throughout the winter months.</p>	<p>Possible Minor Low (2)</p>
<p>Cold injuries and Hypothermia</p>	<p>Group & Instructors</p>	<p>Possible Fatal High (6)</p>	<p>Instructors must be aware and prepared to deal with increased cold hazards in wintertime including frostnip, frostbite and hypothermia. A good clear brief outlining the hazards must be given to participants and provision to avoid these hazards must be considered. Hat's, gloves, goggles, insulated jackets plus spares must be carried by the whole party. A hot drink and/or stove plus spare food should be carried by the instructor as well as a suitably large group shelter and snow shovel in the eventuality that an emergency shelter is required.</p>	<p>Unlikely Fatal Medium (3)</p>

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