RISK ASSESSMENT FOR: Hill Walking (Maximum 6 hours in duration) **Reviewed by Ian Sheldrake 1st October 2025**

HAZARD	Severity	Likelihood	LIST OF CONTROL MEASURES	OVERALL RESIDUAL RISK RATING (Low/Med/High)
Adverse weather conditions	M	L	• Check weather forecast. If poor weather, ensure wet weather clothing carried / group shelter. • Emergency equipment carried by instructor. • Alternate route available.	L
Getting lost	L	L	• Planned routes held by base. • Maps/compasses for other staff. • Work in small groups with staff / adults managing front and back	L
Fatigue	L	M	• Physical assessments prior to departure. (Challenge matched to abilities • Rest breaks. • Instructor vigilance.	L
Thirst, hunger	L	L	• Food and water carried. • Trip leader to carry additional food and water	L
Crags / cliffs/ steep ground	M	L	• Avoid dangerous areas.	L
Hypothermia	L	M	• Encouraging good eating habits prior to activities • Suitable protective clothing eg waterproofs etc • Full leaders kit including warm drinks, spare clothing, shelter • Check weather forecasts, change direction of route if necessary	L

Presence of water – drowning	M	M	• Extra vigilance by group, reminder not to walk next to water edges • Avoid river crossings	L
Fall / Tripping	M	M	• Tight group management Activity Briefing / suitable route choice. • Instruct group of care in foot placement in places. • Remind group of importance of sensible pace and keeping together. • Where the group has not got footwear suitable for the environment then a change of venue or route should be considered	L
Heatstroke/Exhaustion/sunburn/dehydration/	M	M	• First Aid kits / training for group Weather forecasts • Suitable equipment for journey/ conditions • Instruct groups on importance of hats / water	M
Sheep ticks – lymes disease	L	L	• Advise group to wear long trousers / socks / avoid /contact with sheep	L
burns/blisters/sprains/ insect bites	M	M	• First aid kits / training	L
Injury from wild animal	L	L	• Inform groups to stay away from animals	L
Injury from Unsafe structures	L	L	• Advise group to avoid derelict structures, ensure aware of risks of buildings collapsing	L
Injury from Road Traffic Accident	M	M	• Participants reminded of road safety – care when crossing / walking on the right hand side / outside bend / use of torches etc	M
Becoming overtaken by nightfall	M	L	• If the walking trip has been delayed and likely to be overtaken by nightfall the trip leader needs to evacuate off the hill in advance of nightfall to a safer low level route. • Trip leader to carry torch.	L
Remote Supervision	L	L	• Where the trip leader decides appropriate the group can walk ahead where a clear feature can be seen to wait at. • This can be extended as confidence develops in the groups Map Reading skills • The group should always remain together and if they become disorientated should stop and wait where they are.	L
Lightning Strikes	H	L	The groups that VENTURE OUT mainly work with mean that walking is only carried out on stable weather days however staff are aware of protocols if a storm arose. PRIMARILY • Understand the 30/30 rule: If the time between a flash of lightning and the sound of thunder is 30 seconds or less, the	L

			storm is close enough to be dangerous. Seek shelter immediately and wait at least 30 minutes after the last thunderclap before resuming activity. Immediate Actions When a Storm is Imminent • Descend immediately • Avoid high-risk areas – tall objects / rocky overhangs / water • Spread out as a group Last Resort: The Lightning Position • Crouch down • Insulate yourself – sit on a ruck sack/sleeping mat • Tuck your head • Do not lie flat	

Notes

- All leaders should be aware of **Venture Out** 'Emergency procedures' prior to delivering any sessions.
- All coaches to carry first aid kit and group shelter and a means to make hot drinks and appropriate equipment for weather conditions
- It is the responsibility of the coach to ensure equipment is safe and appropriate for use prior to each session.
- It is the responsibility of the coach to alert the **Director (Ian Sheldrake)** of broken or damaged equipment, or injury or near miss and to record this information in the Accident and Emergency book. If unclear how to complete this, then contact Ian immediately for support.
- If the coach is unsure of any relevant safety-related matters the problem should be resolved prior to the session
- This is an adventurous sport and some risk is assumed by participants. Removal of all risk is not only impossible but detrimental to the development of participants. However risk versus benefits have to be considered.