**MOUNTAIN & HILL WALKING**

Document last updated by Jenny Lantry 22/05/17

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| **PURPOSE** | Links with National CurriculumPersonal challenge.Group/shared responsibility, cooperation, team building. Create an activity and an atmosphere where an element of perseverance is required for success. | **OUTCOMES** | Understanding of orientation, scale and distanceSense of achievement and meeting challenge, building both team and self esteem. Shared responsibility, trust in peers and safety awarenessEnjoyment and 'fun factor''Real life' consequences for planning, co-operation, communication etc. Introduction to an accessible lifetime activity / sport |

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|  | **Required** |  | **Required** |
| **EQUIPMENT CONCERNS** | All participant groups to have a least one map and compass per groupParticipants should have a whistle or other means of drawing attention when off-siteLeader should ensure group has first aid kit and emergency bivvy/shelter | **ENVIRONMENTAL CONCERNS** | “Leave only footprints, take only pictures”Awareness of other users in plantations (eg mountain/motor bikers) and extra safety precautions if necessaryObtain Weather forecast prior to activity to ensure conditions are suitable for the group |

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|  | **Before starting activity** | **Pre-session briefing** | **End of session** |
| **STANDARD OPERATING** **PROCEDURES** | * Suitable footwear and clothing
* Any medication to be kept at hand
* Weather check
* Assess the group size in relation to prevailing conditions, location and group ability and tutor/adult/student ratios.
 | * An appreciation of others using the area
* Group control, boundaries, traffic awareness, emergency procedures and map use
* Where to find Groups leaders during activity
 | * Return maps, pencils and any other centre equipment
* Debrief the group
* Complete Session Sheet and any other paperwork necessary
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**Essential equipment**

Personal – Suitable clothing and footwear, daysack, drink and food, waterproofs, personal medication

Group – Maps and compasses, group shelter, walking poles, spare clothing, first aid kit, phone (if possible)

Leader – phone, whistle, confidence rope (on rougher terrain – Qualified Mountain Leader only)

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| Minimum Leader Qualification | In house trained | Minimum Assistant Qualification | Responsible Adult with relevant experience |
| Max group size with Leader | 12 | Max group size with Assistant | 20 |

**Qualifications and acceptable group sizes are dependant on the conditions and terrain in which the activity is to take place. If you are unsure seek advice from the Head of Centre.**

Leaders must have an up to date and relevant First Aid

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| **Hazard** | **Who’s at risk** | **Control measures** | **Risk (minimal, manageable, unacceptable)** |
| Getting lost | Participants | Progressive levels and groups to carry whistles and being | Minimal |
| Benighted | Staff & Participants | Carry torches & be aware of timings | Manageable |
| Tripping / falling over  | Staff & Participants | Check shoelaces, warning about rough or slippery terrain, control speed going down hill | Minimal |
| Abrasions and cuts | Staff & Participants | Wear long trousers and tops where appropriate | Minimal |
| Sheep ticks (lymes disease) | Staff & Participants | Warn groups about what to look for and to seek medical advice if found  | Minimal |
| Being hit by an off road motor bike/mountain bike | Staff & Participants | Find out about biking events and avoid areas affected | Manageable |
| Traffic in car parks and on roads | Staff & Participants | Educate participants on the dangers of traffic and safest way to walk on roadGroup control in car parksCarry and use hi-vis vests if planned route takes group onto a road | Manageable |
| Weather changes | Staff & Participants | Instructor to have an up to date forecast and be aware of the local environment | Minimal |
| Walking out of the mapped area | Participants | Staff to make participants aware of vulnerable areas | Manageable |
| Medical Emergency | Staff & Participants | Communications to be carried at all times as well medical sheets available for paramedic usePersonal medication should be carried at all times | Manageable |
| Hypothermia | Staff & Participants | Group clothing to be appropriate to weather conditionsAll participants to be monitored for signs of hypothermiaSession length and content should be appropriate to the temperature and available kit | Manageable |
| Heat Exposure/Sunburn | Staff & Participants | Sun cream to be availableGroup to be kept covered up and in shade where possible | Manageable |
| Bee / wasp stings | Staff & Participants | 1st aid kit to be carried by staff and any participants with allergies to carry personal medication with them | Manageable |