

MOUNTAIN & HILL WALKING

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| PURPOSE | Links with National Curriculum Personal challenge. Group/shared responsibility, co-operation, team building. Create an activity and an atmosphere where an element of perseverance is required for success. | OUTCOMES | Understanding of orientation, scale and distance Sense of achievement and meeting challenge, building both team and self esteem. Shared responsibility, trust in peers and safety awareness Enjoyment and 'fun factor' 'Real life' consequences for planning, co-operation, communication etc. Introduction to an accessible lifetime activity / sport |
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| EQUIPMENT CONCERNS | <p>Required</p> <p>Personal – Suitable clothing and footwear, day sack, drink and food, waterproofs, personal medication Group – Maps and compasses, group shelter, walking poles, spare clothing, first aid kit, head torches Leader – phone, whistle, confidence rope (on rougher terrain – Mountain Leader only)</p> | ENVIRONMENTAL CONCERNS | <p>Required</p> <p>“Leave only footprints, take only pictures” Awareness of other users in plantations (eg mountain/motor bikers) and extra safety precautions if necessary Obtain Weather forecast prior to activity to ensure conditions are suitable for the group</p> |
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| STANDARD OPERATING PROCEDURES | <p>Before starting activity</p> <ul style="list-style-type: none"> • Advise “late back” contact of plans and late back procedures • Suitable footwear and clothing • Any medication to be kept at hand and location of medication discussed with group • Weather check • Assess the group size in relation to prevailing conditions, location and group ability and tutor/adult/student ratios. | <p>Pre-session briefing</p> <ul style="list-style-type: none"> • An appreciation of others using the area • Group control, boundaries, traffic awareness, emergency procedures and map use • Where to find Groups leaders during activity | <p>End of session</p> <ul style="list-style-type: none"> • Confirm return with “late back” contact • Return maps, pencils and any other centre equipment • Debrief the group • Complete Session Sheet and any other paperwork necessary |
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| Minimum Leader Qualification | HML on IOM or ML in UK | Minimum Assistant Qualification | In-house assessed |
| Max group size with Leader | 12 (including 1 adult) | Max group size with Assistant | 20 |

Qualifications and acceptable group sizes are dependent on the conditions and terrain in which the activity is to take place. If you are unsure, seek advice from the Senior Staff.

Leaders must have an up to date and relevant First Aid

| Hazard | Who's at risk | Control measures | Risk (minimal, manageable, unacceptable) |
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| Getting lost | Participants | Progressive levels and groups to carry whistles and being | Minimal |
| Benighted | Staff & Participants | Carry torches & be aware of timings | Manageable |
| River Crossing | Staff & Participants | If a crossing is necessary, assess speed, depth and temperature of water before undertaking any crossing. If conditions are not favourable for a safe crossing then seek a different route. | Manageable |
| Fall from height | Staff & Participants | Be aware of any craggy locations in the vicinity of the planned route and make the group aware of potential hazards. Leader to carry confidence rope on rougher terrain (Mountain Leader only). | Manageable |
| Tripping / falling over | Staff & Participants | Check shoe laces, 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 tics (limes 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 road Group control in car parks Carry 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 use Personal medication should be carried at all times | Manageable |
| Hypothermia | Staff & Participants | Group clothing to be appropriate to weather conditions All participants to be monitored for signs of hypothermia Session length and content should be appropriate to the temperature and available kit | Manageable |
| Heat Exposure/Sun Burn | Staff & Participants | Sun cream to be available | Manageable |

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| | Group to be kept covered up and in shade where possible | |
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