

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	Required 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)	ENVIRONMENTAL CONCERNS	Required “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
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STANDARD OPERATING PROCEDURES	Before starting activity <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. 	Pre-session briefing <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 	End of session <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)
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

	Group to be kept covered up and in shade where possible	
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