RISK ASSESSMENT Hike 2020

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| No | Summary of Risks | Control Measures | Check |
| 1a | **Environment & Weather**   1. Hypothermia due to cold weather/wet/cold. | 1. Check weather forecast. 2. Pre kit check – sufficient clothing/spares/ hat/ gloves and adequate waterproofs (top/bottom) for planned expedition. 3. Emergency equipment carried: group shelter, survival bags and emergency rations. |  |
| 1b | 1. **Heat exhaustion due to hot weather/lack of fluids** | 1. Pre kit check – each participant has 2 litres of water (minimum) + sun hat. Group has sun cream. 2. Water available to top up bottles, groups should consider starting early in the morning, taking a long lunch break in the shade and continuing after the midday sun. |  |
| 1c | 1. **Heavy rain causing hazards to rivers/routes** | 1. Expeditions in Wild Country to have “Bad Weather” route planned in the event of heavy rain & bad weather. 2. Rivers can rise quickly, so the Leader should check rivers to ensure safety before participants cross. 3. Scouts should be advised the dangers of crossing deep/fast rivers and contact the leader before proceeding or use their bad weather route. |  |
| 2a | **Roads & Traffic**   1. **Walking along roads** | 1. Scouts should avoid using roads where possible. 2. Where Scouts are to walk along roads, they should do so on the right hand side, single file (except where it would be safer on the other side e.g. verge, bends). The front and rear person should wear a high visibility vest. 3. Roads are risk assessed (by driving) before Scouts walk along them. |  |

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| 2b | 1. Crossing roads | 1. Scouts should use underpasses or crossings when planning their routes (where available). 2. Scouts trained in crossing the road safely, a usual technique is to line up in a place with good visibility and cross as a group. |  |
| 3 | **Remote Uneven Ground**   1. Participants get twisted ankles on uneven ground 2. Participants get injured during descents | 1. Pre-kit check – all Scouts to have adequate footwear i.e. boots. First Aid kit containing support bandages to be carried.. 2. Groups to be briefing on descending hills safely e.g. using zig zags and ensure they walk, not run down hills. |  |
| 4 | **Covid-19**   1. Risk of infection | 1. Hand sanitizer used before eating etc 2. Social distancing between adults & children over 12 3. Work within 30 ratio limit 4. Masks worn in close proximity to children 5. Track & trace filled out |  |