

Activity Risk Assessment: - Hill-walking

Scarhouse reservoir to Howstein gorge

Carlton Lodge recognises that using a suitably trained / qualified instructor will vastly reduce the inherent risks of the activity. Therefore all Carlton Lodge Activities will be led by suitably trained / qualified instructors.

No	Hazard	Who it effects	Unmanaged Risk	Control Measures	Managed risk
1	Getting lost	Instructors and group	Medium	Before leaving the minibus the group should be briefed not to wander off on their own. Good group management to keep the group together. Instructor should ensure they are aware of how many participants they have and carry out regular head counts. Maps available in group.	Low
2	Group getting separated.	Group	Medium	Instructor to be vigilant. Group briefed on importance of staying together.	Low
3	Falling.	Group	Medium	Group briefed on importance of staying close to instructor unless told otherwise.	Low
4	Sprains/ strains/ injuries.	Group	Medium	Ensure group has suitable footwear. Brief novices on good technique for walking on uneven ground or avoid if necessary. Make sure all leaders are up to date on emergency procedures and appropriate equipment is carried.	Low
5	Hypo/hyperthermia and exposure	Group	Medium	Instructors should ensure that the group is appropriately clothed for the weather. (e.g. Waterproofs, hat, gloves, warm clothes, sun-lotion etc.) Instructors should ensure that group is appropriately hydrated and monitor the state of all individuals within the group. Instructors should be prepared to stop or have a break during the session. Group needs safety bag readily available. Instructor to ensure this.	Low