

### Activity Risk Assessment: - Night walk offsite

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 knocked over on the road	Instructors and group	Medium	<ul style="list-style-type: none"><li>• Give group yellow reflective vests if visibility is poor.</li><li>• Get the group to walk at the edge of the road.</li><li>• Instructors to manage group on the road appropriately.</li><li>• Carry torches to illuminate group to drivers.</li></ul>	Low
2	Trips and slips	Group	Medium	<ul style="list-style-type: none"><li>• Make sure group are wearing suitable clothing and footwear.</li><li>• Warn the group of places they are likely to trip and slip.</li><li>• Carry several torches on dark nights.</li></ul>	Low
3	Group splitting up	Group	Medium	<ul style="list-style-type: none"><li>• Brief group to stay together.</li><li>• Instructors to remain vigilant and keep good control of the group.</li><li>• Place one instructor at front and one at the back if necessary.</li></ul>	Low
4	Getting lost	Group	Medium	<ul style="list-style-type: none"><li>• Take appropriate maps</li></ul>	Low
5	Stung by nettles	Instructor and Group	Medium	<ul style="list-style-type: none"><li>• Advise group to wear long trousers</li></ul>	Low
6	Hypo/hyperthermia and exposure	Instructors & 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