

RISK ASSESSMENT (GENERIC)

Assessor: Adam McCluskey /Checked by Keith Atkinson

Date of Assessment: July 2011

Review Date: June 2012

Activity: **Hill Walking (Summer conditions)**

Activity: Walks in remote terrain where it is possible to be more than 30 minutes from a road (assumes Leader with Group).

Unaccompanied walks (or ‘remote supervision’ expeditions such as those undertaken by D of E Groups) are seen as a separate and distinct activity and will require a separate risk assessment.

Summer walking relates to walks that are undertaken during the period April to October. Leaders wishing to undertake walking during the winter should refer to the Hill Walking (winter conditions) generic risk assessment. It is possible for experienced summer walkers to lead parties during months other than those indicated above. However, the Leader must be highly competent and knowledgeable about the potential hazards and risks.

QUALIFICATIONS: Mountain Instructors Certificate *or*
 Mountain Instructors Award *or*
 Summer Mountain Leader Award *or*
 Walking Group Leader Award for remote upland and hilly terrain *or*
 Basic Expedition Leader Award for lowland terrain

RATIOS: **The need for specific ratios will be assessed at time of booking and again on the day of activity.**

Hazard	Risk	Individuals at risk	Risk – Low, Medium, or High	Control Measures (Current)	Control Measures (Additional – Proposed)
Uneven terrain, loose rocks	Death, serious injury	All group members	Low	General <ul style="list-style-type: none"> Leader appropriately qualified and experienced in leading groups in specific terrain Leaders must have recent personal experience of the area and of the specific intended route at the same time of year 	

			<ul style="list-style-type: none"> • Leaders must have the ability to match the route (its severity and level) to the experience of the party members to permit safe and efficient movement in mountainous terrain • Leaders must have knowledge and experience of the necessary navigational aids and the essential additional safety equipment • Leaders to have the ability to interpret weather maps and respond to changing weather patterns • Route researched and, if necessary, pre-walked – specific hazards (cliffs, water hazards etc.) risk assessed • Route should have well defined footpaths • Route card to be left at base • Routes must have planned time of arrival of two hours before dusk • Leader must carry appropriate safety equipment for the care of the group. This must include a rope (9mm x 45m is recommended) • Notification/approval sought from LEA where required <p>Staffing ratios</p> <ul style="list-style-type: none"> • Within numbers stated above, leader must take into account: <ul style="list-style-type: none"> - the height of the route - prevailing conditions - previous experience of the group - specific hazards of route - equipment available - previous knowledge of the group <p>Supervision</p> <ul style="list-style-type: none"> • Continuously monitor the appropriateness of the walk, the physical and mental condition and abilities of the students and the suitability of the prevailing conditions • Anticipate the risk by recognizing any potential hazards along the route by arriving, where necessary, at the point of the hazard before the rest of the group • Where members of the group are allowed to walk ahead or behind the main group, clear boundaries must be given with appropriate control and communications maintained <p>Equipment</p> <ul style="list-style-type: none"> • Each walker must wear boots with a good tread and personal clothing suitable for the weather and terrain • Where appropriate, having regard to conditions prevailing on the day, each walker should carry: <ul style="list-style-type: none"> - Windproof/waterproof jacket and trousers (not jeans) - Spare socks - Woollen sweater - Hat - Gloves - Where required, high factor sun protection, sunglasses, lightweight cotton hat and long sleeved cotton shirt - Sealed emergency food, including high energy foods such as chocolate bars for use in an emergency - Torch (spare batteries and bulb) 	<ul style="list-style-type: none"> • Route card to include: <ul style="list-style-type: none"> - details of route - alternative bad weather or emergency escape routes - names of party and leader, - estimated time of arrival at destination or return to base • Attendance at a mountain first aid course is advantageous • Emergency contact numbers to be permanently manned by a person/persons who have a clear idea of the necessary action to be taken. • School/youth centre should be given the contact telephone number so that they may telephone for information in the event of a delay and can inform parents accordingly
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				<ul style="list-style-type: none"> No young person must carry a load that exceeds ¼ of his or her body weight. Only rucksack-type carriers may be worn – shoulder bags, kit bags, etc., are unsuitable and inappropriate The group must carry between them: <ul style="list-style-type: none"> First aid kit An emergency shelter to accommodate the whole group Filled thermos flask or equipment for making hot drinks Whistles Maps and compasses All members of an unaccompanied walking group must carry a survival bag <p>The Route</p> <ul style="list-style-type: none"> The route should be within the limits of the weakest member of the group and no one should be allowed to straggle Strategies for keeping the group together should be used including moving the weakest to the front. <p>Emergency Procedures</p> <ul style="list-style-type: none"> Leader holds current HSE recognised First Aid qualification (minimum 16 hours) to include treatment of exposure and heat exhaustion. Appropriately stocked first aid kit carried Information about pre-existing medical conditions and medication carried Leader has planned emergency procedures Communications (mobile phone/radio) arranged with pre-programmed numbers 	
Getting lost	Death, serious injury	All group members	High	<ul style="list-style-type: none"> Leader must be competent in navigational skills Group size as stated above, second adult present on all accompanied walks Regular head counts to be undertaken Students and staff appropriately briefed on conduct 	<ul style="list-style-type: none"> Pre-planning of emergency procedures and communications
Extreme weather conditions – cold, wet, heat and sun	Serious injury, death	All group members	High	<ul style="list-style-type: none"> Daily weather forecast obtained, on day conditions assessed and plans adjusted as necessary All group members should have suitable footwear, clothing and equipment for expected conditions Emergency equipment carried including group shelter 	<ul style="list-style-type: none"> Parents and students given checklist of clothing and equipment – kit checked before departure
Environmental considerations	Environmental damage	Environment	Medium	<ul style="list-style-type: none"> Leaders should be sure of rights of way and if in doubt, seek permission from the land owners The whole group should be briefed of the responsibilities that they have to the environment and their place in it The importance of conserving the environment for future generations should be strongly stressed All group members should know and observe the ‘Country Code’ at all times. 	

Additional Notes : In all cases of activity instructors need to be assessing risk in a potentially ever changing environment.

RISK ASSESSMENT (GENERIC)

Assessor: Adam McCluskey

Date of Assessment: June 2011

Review Date: 2012

Activity: Kayaking/ white water up to grade 2

QUALIFICATIONS: BCU level 3 Coach Inland kayak. UKCC Coach level 2 Inland Kayak with moderate water endorsement/ 4 star leader award.

RATIOS: Minimum of 1 instructor to 4 clients

Hazard	Risk	Individuals at risk	Risk – Low, Medium, or High	Control Measures (Current)	Control Measures (Additional – Proposed)

Moving boats from trailer or vehicle to the water	Injury due to lifting, or dropping boats	All group members	Medium	Ensure that clients are instructed in appropriate handling and lifting techniques.	
movements associated with the increase in physical activity	Injury or strain to the body.	All group members	Medium	Ensure that clients do an appropriate warm up at the start of the activity and follow progressions during the session. Activity needs to be appropriate to the fitness and skill levels of the individual.	
Capsize in deep water	Drowning, Hypothermia	All group members	High	<p>General</p> <ul style="list-style-type: none"> • Leader appropriately qualified and experienced in leading groups in specific type of location. • Leaders must have recent personal experience of the venue • Leaders must have the ability to match the activity to the experience of the party members to permit challenging but safe session, with due regard to weather and water levels. 	
Deep water rescue of Kayak	Injure due to lifting	All involved in rescues	Medium	All boats to be bagged. Swimmers close to the shore to be guided with boat back to shore, and given instruction/ assistance to empty their boat. Instructors should minimise the number of deep water rescues carried out.	
Re-entering boat after capsize	Injury due to manual handling	All group members	Medium	<p>Clients being taught to rescue should b made aware of the inherent risk of injury during rescue.</p> <p>Retry from water to be avoided unless necessary.</p> <p>Instructor to have knowledge of a range of techniques for getting swimmer back into boat. This should include use of strops as foot holds.</p>	
Playing games involving standing in boats	Falling from boat into shallow water	All group members		<p>Supervision</p> <ul style="list-style-type: none"> • Continuously monitor the group activity: re hypothermia • Ensure that clients have knowledge of potential hazard. • All games involving standing in boat or raft running to be played in deep water. 	<ul style="list-style-type: none"> • Emergency contact numbers to be permanently manned by a person/persons who have a clear idea of the necessary action to be taken.
Journeying	Increased risk in all hazards because of	All group members All group	High	<ul style="list-style-type: none"> • Plan journeys to match fitness and experience of group. • Have in mind a realistic escape procedure for shortening the journey to get people off the water. • Recognition of the importance of wind as a significant hazard on open water stretches. • Food and drink appropriate for length of trip and time of day to 	

	fatigue	members		<p>be carried.</p> <ul style="list-style-type: none"> • <p>Ensure that group members have sufficient warm clothing for the activities. Monitor group for signs of cold and intervene early to prevent deterioration of the group member. It would be normal to wear wetsuits or dry cags etc for most moving water journeys.</p> <p>Equipment</p> <p>All buoyancy aids to be checked and correctly fitted. Spare clothing to be carried in leader's dry bag. Group shelter to be carried. Appropriate towing system to be carried. Ensure clients clothing is appropriate to conditions and level of activity. Throw line and slings and karabiners to be carried. Helmets to be worn. Karabiners and slings to be carried by leader.</p> <p>Emergency Procedures</p> <ul style="list-style-type: none"> • Leader holds current HSE recognised First Aid qualification (minimum 16 hours) to include treatment of exposure and heat exhaustion. • Appropriately stocked first aid kit carried • Information about pre-existing medical conditions and medication carried • Leader has planned emergency procedures • Communications (mobile phone/radio) arranged with pre-programmed numbers 	
Journeying over white water	Increased risk of capsize and swamping of boats	All group members	High	<ul style="list-style-type: none"> • Boats to be fitted with air bags or additional buoyancy blocks. • Clients skill level to be assessed on simpler water as an introductory activity to the session. Activity to be set at appropriate skill level for clients. 	Regular checks to be made on bags
	Increased risk of injury swimming in moving water	All group members		<ul style="list-style-type: none"> • choose spots to practice moving water techniques where a capsize will result in the swimmer and boat going into an eddy. • make clients aware of dangers, and describe techniques for swimming down or across a rapid. • Make clients aware of major hazards, in particular trees. 	<ul style="list-style-type: none"> • With relatively inexperienced groups on grade 3 water, inspection should be used as part of a teaching technique.

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Additional Notes : In all cases of activity instructors need to be assessing risk in a potentially ever changing environment.

Risk of Weil’s Disease. More important for instructors but all should be warned of the symptoms and conditions where risk of contracting the disease are highest.

RISK ASSESSMENT

Location: Church Beck, Tilberthwaite Ghyll, Stickle Ghyll, Honister, Ladore Gorge, Stony Croft

Assessor: Adam McCluskey

Date of Assessment: June 2011

Review Date: June 2012

Activity: Ghyll Scrambling

QUALIFICATIONS: No specific Qualification exists for this activity, but leaders must be familiar with the location used in a variety of conditions. It is recommended that leaders hold both water based and land based qualifications in related activities such as climbing and canoeing. Leaders must hold MIA certificate or higher, or be approved by a technical advisor.

RATIOS: The need for specific ratios will be assessed at time of booking and again on the day of activity.

Hazard	Risk	Individuals at risk	Risk – Low, Medium, or High	Control Measures (Current)	Control Measures (Additional – Proposed)
<p>Uneven terrain, loose rocks</p> <p>movements associated with the increased physical activity.</p> <p>Fast moving water</p> <p>Deep Pools</p> <p>Steep rock/ water falls</p>	<p>Death, serious injury</p> <p>Injury or strain to the body.</p> <p>Death, serious injury, minor injury, drowning</p> <p>Drowning</p> <p>Hypothermia</p> <p>Risk of injury through falling</p>	<p>All group members</p> <p>All group members</p> <p>All group members</p> <p>All group members</p> <p>All group members</p>	<p>High</p> <p>Medium</p>	<p>General</p> <ul style="list-style-type: none"> • Leader appropriately qualified and experienced in leading groups in specific terrain • Leaders must have recent personal experience of the ghyll • Leaders must have the ability to match the activity to the experience of the party members to permit challenging but safe session, with due regard to weather and water levels. <p>Ensure that clients do an appropriate warm up at the start of the activity and follow progressions during the session. Activity needs to be appropriate to the fitness and skill levels of the individual.</p> <p>Supervision</p> <ul style="list-style-type: none"> • Continuously monitor the group activity. • Ensure that clients have knowledge of potential hazard. Brief group with regard to scrambling technique and the need for careful foot placement. • Ensure that everybody understands a simple signaling system. <p>Closely supervise all clients in deep pools. Ensure the correct wearing of buoyancy aids</p> <p>Ensure that group members have sufficient warm clothing for the activities. Monitor group for signs of cold and intervene early to prevent deterioration of the group member.</p> <p>Equipment</p> <p>All helmets and buoyancy aids to be checked and correctly fitted. Spare clothing to be carried in leader's dry bag. Group shelter to be carried. 9mm floating rope to be carried. Climbing harnesses and devices for attaching rope anchors to be carried where there is an intention to climb where a slip would result in a fall of more than</p>	<p>Instructor to demonstrate then watch clients follow the clipping in procedure before ascending to set up belay. Back</p>

Belaying clients up climbs				<p>about 1m.</p> <p>Emergency Procedures</p> <ul style="list-style-type: none"> • Leader holds current HSE recognized First Aid qualification (minimum 16 hours) to include treatment of exposure and heat exhaustion. • Appropriately stocked first aid kit carried • Information about pre-existing medical conditions and medication carried • Leader has planned emergency procedures • Communications (mobile phone/radio) arranged with pre-programmed numbers 	<p>ropes should be used where appropriate, to avoid throwing rope/ karabiners down the fall.</p> <p>Instructor to set up belays which are escapable (indirect) and tie in using a releasable knot.</p> <ul style="list-style-type: none"> • Emergency contact numbers to be permanently manned by a person/persons who have a clear idea of the necessary action to be taken. •
<p>Chock Stone slide (church Beck)</p> <p>Loose bank side at the top of the choke stone church beck.</p>	<p>Risk of injury through falling</p> <p>Falling stones/ mud from the side.</p>	All group members		<ul style="list-style-type: none"> • Fixing a secure belay requires an abseil in off the tree or placing nets to protect the climb. Clients to be monitored closely when getting into position on the slide. <p>Instruct clients to wait on river right (facing up stream) well away from the belaying side. Instructor to check for signs of falling objects and spend as little time as possible in exposed position.</p>	Instructors to have experience of using nut placements, and to inspect placements on each occasion.
Jumps and slides	Landing or catching rock surfaces. Serious injury broken bones bruising.	All group members	Low to medium	<p>Instructors must be confident in their own ability and also the ability of group members.</p> <p>Instructors to have knowledge of the slides or jumps The top jump in church beck and the washing machine jump on stoney croft beck are not to be done with under 18s, and only to be done with clients who are confident.</p> <p>When working with a group the instructor should assess the level of peer pressure when deciding to show the client the jump and introduce it as an option. A very strong emphasis should be placed on the jump being optional.</p>	<ul style="list-style-type: none"> •
				<ul style="list-style-type: none"> • 	

Additional Notes : : In all cases of activity instructors need to be assessing risk in a potentially ever changing environment.

Risk of Weil's Disease. More important for instructors but all should be warned of the symptoms and conditions where risk of contracting the disease are highest.

RISK ASSESSMENT (GENERIC)

Activity: Kayaking /canoeing on open water

Location: Coniston Water, Windermere, Derwent Water, Ullswater,

Assessor: Adam McCluskey

Date of Assessment: June 2011

Review Date: June 2012

QUALIFICATIONS: BCU level 2 coach in appropriate discipline. This applies when the activity is organized to take place in sheltered conditions, and that there are no adverse conditions. UKCC level 1 coach with statement of competence from suitable qualified and experienced person.
BCU level 3 Coach in appropriate discipline.

RATIOS: Minimum of 1 instructor to 8 clients

Hazard	Risk	Individuals at risk	Risk – Low, Medium, or High	Control Measures (Current)	Control Measures (Additional – Proposed)
Moving boats from trailer or vehicle to the water	Injury due to lifting, or dropping	All group members		Ensure that clients are instructed in appropriate handling and lifting techniques.	

Unusual movements associated with the physical activity	boats				
	Injury or strain to the body.	All group members	Medium	Ensure that clients do an appropriate warm up at the start of the activity and follow progressions during the session. Activity needs to be appropriate to the fitness and skill levels of the individual.	
Deep water			High		
	Drowning, Hypothermia	All group members		<p>General</p> <ul style="list-style-type: none"> • Buoyancy aids fitted and checked • Leader appropriately qualified and experienced in leading groups in specific type of location. • Leaders must have recent personal experience of the venue • Leaders must have the ability to match the activity to the experience of the party members to permit challenging but safe session, with due regard to weather and water levels. 	
Deep water rescue of Kayak			Medium		
	Injure due to lifting	All involved in rescues		All kayaks to be bagged. swimmers close to the shore to be guided with boat back to shore, and given instruction/ assistance to empty their boat. Instructors should minimise the number of deep water rescues carried out.	
Re-entering boat after capsize			Medium		
	Injury due to manual handling	All group members		<p>Clients being taught to rescue should b made aware of the inherent risk of injury during rescue.</p> <p>Retry from water to be avoided unless necessary.</p> <p>Instructor to have knowledge of a range of techniques for getting swimmer back into boat. This should include use of strops as foot holds.</p>	
Playing games involving standing in boats					
	Falling from boat into shallow water	All group members		<p>Supervision</p> <ul style="list-style-type: none"> • Continuously monitor the group activity: re hypothermia • Ensure that clients have knowledge of potential hazard. • All games involving standing in boat or raft running to be played in deep water. • Plan journeys to match fitness and experience of group. • Have in mind a realistic escape procedure for shortening the journey to get people off the water. • Recognition of the importance of wind as a significant hazard on open water stretches. • 	<p>Helmets to be worn when games increase the risk of head injury due to paddles.</p>
Journeying					
	Increased risk in all hazards because of fatigue	All group members			<ul style="list-style-type: none"> • Emergency contact numbers to be permanently manned by a person/persons who have a clear idea of the necessary action to be taken.
		All group members			

				<p>Ensure that group members have sufficient warm clothing for the activities. Monitor group for signs of cold and intervene early to prevent deterioration of the group member.</p> <p>Equipment</p> <p>All buoyancy aids to be checked and correctly fitted. Spare clothing to be carried in leader's dry bag. Group shelter to be carried. Appropriate towing system to be carried. Ensure clients clothing is appropriate to conditions and level of activity.</p> <p>Emergency Procedures</p> <ul style="list-style-type: none"> • Leader holds current HSE recognised First Aid qualification (minimum 16 hours) to include treatment of exposure and heat exhaustion. • Appropriately stocked first aid kit carried • Information about pre-existing medical conditions and medication carried • Leader has planned emergency procedures • Communications (mobile phone/radio) arranged with pre-programmed numbers 	•
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Additional Notes : In all cases of activity instructors need to be assessing risk in a potentially ever changing environment.

RISK ASSESSMENT (GENERIC)

Location: Coniston Water, Windermere, Derwent Water, Ullswater,

Assessor: Adam McCluskey

Date of Assessment: June 2011

Review Date: June 2012

Activity: Raft building

QUALIFICATIONS: BCU level 3 coach or higher. Experience of building rafts and supervising activity, and statement of technical competence by suitably qualified and experienced person.

RATIOS: The need for specific ratios will be assessed at time of booking and again on the day of activity.

Hazard	Risk	Individuals at risk	Risk – Low, Medium, or High	Control Measures (Current)	Control Measures (Additional – Proposed)
Moving barrels, logs, and other equipment from trailer or vehicle to the water.	Injury due to lifting, or dropping items	All group members		Ensure that clients are instructed in appropriate handling and lifting techniques, and monitor the activity.	
movements associated with the physical activity	Injury or strain to the body. Strain injure, bruising,	All group members	Medium	<p>Ensure that clients do an appropriate warm up at the start of the activity and follow progressions during the session. Activity needs to be appropriate to the fitness and skill levels of the individual.</p> <p>General</p> <ul style="list-style-type: none"> • Leader appropriately qualified and experienced in leading groups in specific type of location. • Leaders must have recent personal experience of the venue • Leaders must have the ability to match the activity to the experience of the party members to permit challenging but safe session, with due regard to weather and 	

<p>Movement of logs and barrels during the building of the rafts.</p> <p>Deep water</p> <p>Playing games involving standing in boats</p>	<p>Trapping fingers and toes</p> <p>Drowning, Hypothermia</p> <p>Falling from boat into shallow water</p>	<p>All group members</p> <p>All group members</p> <p>All group members</p> <p>All group members</p>	<p>High</p>	<p>water levels.</p> <ul style="list-style-type: none"> Wear a BA and helmets at all times. <p>Supervision</p> <ul style="list-style-type: none"> Continuously monitor the group activity: re hypothermia Ensure that clients have knowledge of potential hazard. All games involving standing in boat or raft to be played in deep water. Plan activity to match fitness and experience of group. Recognition of the importance of wind as a significant hazard on open water stretches. operate a safety boat to enable people to be helped or removed from water quickly. <p>Ensure that group members have sufficient warm clothing for the activities. Monitor group for signs of cold and intervene early to prevent deterioration of the group member.</p> <p>Equipment</p> <p>All buoyancy aids to be checked and correctly fitted. Spare clothing to be carried in leader's dry bag. Group shelter to be carried. Appropriate towing system to be carried. Ensure clients clothing is appropriate to conditions and level of activity.</p> <p>Emergency Procedures</p> <ul style="list-style-type: none"> Leader holds current HSE recognised First Aid qualification (minimum 16 hours) to include treatment of exposure and heat exhaustion. Appropriately stocked first aid kit carried Information about pre-existing medical conditions and medication carried Leader has planned emergency procedures Communications (mobile phone/radio) arranged with pre-programmed numbers 	<ul style="list-style-type: none"> Emergency contact numbers to be permanently manned by a person/persons who have a clear idea of the necessary action to be taken.
				<ul style="list-style-type: none"> 	
				<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
				<ul style="list-style-type: none"> 	

Additional Notes : In all cases of activity instructors need to be assessing risk in a potentially ever changing environment.
Risk of Weil's Disease. More important for instructors but all should be warned of the symptoms and conditions where risk of contracting the disease are highest.
Note the potential for Blue Green Algae on lakes and slow moving water particularly in warm still sunny conditions.

RISK ASSESSMENT

Activity: Rock Climbing (Single pitch)

Location: To include Brown Howe quarry, Tilberthwaite Quarry, Lower Scout Crag, Copt Howe, Stickle Barn Crag,

Assessor: Adam McCluskey

Date of Assessment: June 2011

Review Date: 2012

QUALIFICATIONS: Mountain Instructors Certificate *or*
Mountain Instructors Award *or*
SPA award

RATIOS: The need for specific ratios will be assessed at time of booking and again on the day of activity.

			or High		
Uneven terrain, loose rocks movements associated with the physical activity which cause increased demand on body	Death, serious injury Injury or strain to the body.	All group members All group members	High Medium	<p>General</p> <ul style="list-style-type: none"> Leader appropriately qualified and experienced in leading groups in specific terrain Leaders must have recent personal experience of the crag. Leaders must have the ability to match the climb(its severity and level) to the experience of the party members to permit challenging but safe session <p>Ensure that clients do an appropriate warm up at the start of the activity and follow progressions during the session. Activity needs to be appropriate to the fitness and skill levels of the individual.</p>	

<p>Failure of gear, inappropriate behaviour</p> <p>Failure of gear (through usage))</p>	<p>Death, serious injury, minor injury</p> <p>Death, serious injury, minor injury</p>	<p>All group members</p> <p>All group members</p>		<p>Supervision</p> <ul style="list-style-type: none"> Continuously monitor the group activity and use of equipment. Ensure that clients have knowledge of belay techniques and are applying them successfully. Intervene at an early stage if in any doubt. Instruct clients as to potential hazards. Define safe areas at the crag. Insist on wearing appropriate helmet and harness at all times. Check harness helmet and rope attachment and belay device attachment on every climb on every occasion. Checks should be carried out by clients working in pairs, and instructor so that more than one person takes responsibility for checking essential gear. <p>Equipment</p> <p>All ropes, and climbing hardware to be regularly checked and inspected as it is being used. Appropriate anchors, and protection placed. Long hair and loose clothing to be adjusted to prevent it catching in any device. Rope protectors to be used where there is significant danger of abrasion on sharp rock edges.</p> <p>Emergency Procedures</p> <ul style="list-style-type: none"> Leader holds current HSE recognised First Aid qualification (minimum 16 hours) to include treatment of exposure and heat exhaustion. Appropriately stocked first aid kit carried Information about pre-existing medical conditions and medication carried Leader has planned emergency procedures Communications (mobile phone/radio) arranged with pre-programmed numbers 	<ul style="list-style-type: none"> Emergency contact numbers to be permanently manned by a person/persons who have a clear idea of the necessary action to be taken.
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Additional Notes : In all cases of activity instructors need to be assessing risk in a potenti