



## **Risk Assessment and Method Statement for Walking & Bushcraft Activities**

Activities covered by this document:

- Lowland Walking
- Mountain Walking
- Geocache walks
- Orienteering
- Overnight camping
- NNAS
- Bushcraft

All leading instructors must remain within the remit of their qualification.

All leading instructors must be 1<sup>st</sup> aid qualified on a course of no less than 16 hours. A first aid kit appropriate to the activity and group numbers should be present on all activities.

A group shelter or survival bags for every group member should be present on all walks. A flask or stove should be carried in most conditions.

### ***Lowland Walking***

Minimum Qualification for leading instructor: Walking Group Leader + 1<sup>st</sup> Aid Qualification. Where the lowland walk is out of WGL remit a Mountain Leader (Summer) + 1<sup>st</sup> Aid Qualification is required.

Assistants must be a minimum of WGL or MLS trained.

Technical Advisor: Peter Knight, SPA, MLS, CIC

Supervision ratio: 1:8, where an assistant is present ratio rises to 2:16. A leading instructor can only have one assistant operating within the ratio.

### ***Mountain Walking***

Minimum Qualification for leading instructor: Mountain Leader (Summer) + 1<sup>st</sup> Aid Qualification.

Assistants must be a minimum of MLS trained.

Technical Advisor: Peter Knight, SPA, MLS, CIC

Supervision ratio: 1:8, where an assistant is present ratio rises to 2:16. A leading instructor can only have one assistant operating within the ratio.

### ***Geocaching Walks***

Minimum Qualification for leading instructor is defined by the terrain and will be either MLS or WGL.

A supervision ratio of 1:8, where an assistant is present ratio rises to 2:16. A leading instructor can only have one assistant operating within the ratio.

Technical Advisor: Peter Knight, SPA, MLS, CIC



### ***Orienteering***

Minimum Qualification for leading instructor is defined by the terrain and will be either MLS or WGL.

A supervision ratio of 1:8, where an assistant is present ratio rises to 2:16. A leading instructor can only have one assistant operating within the ratio.

A central 'control' point should be established and a strict timekeeping system used.

Technical Advisor: Peter Knight, SPA, MLS, CIC

### ***Overnight Camping***

Minimum Qualification for leading instructor is defined by the terrain and will be either MLS or WGL.

A supervision ratio of 1:8, where an assistant is present ratio rises to 2:16. A leading instructor can only have one assistant operating within the ratio.

Participants conducting their own cooking activities should be made aware that they are responsible for their own safety and nutrition.

Technical Advisor: Peter Knight, SPA, MLS, CIC

### ***National Navigation Award Scheme***

Minimum Qualification for leading instructor is defined by the terrain and will be either MLS or WGL.

A supervision ratio of 1:6, where an assistant is present ratio rises to 2:12. A leading instructor can only have one assistant operating within the ratio.

A course must be run or supervised by an NNAS trainer/assessor.

Technical Advisor: Peter Knight, SPA, MLS, CIC

### ***Bushcraft***

No universally recognised qualifications exist at this time for bushcraft. An appropriate member of staff will have; a proven record of competence, an IOL certification or other relevant certification.

A supervision ratio of 1:8, where an assistant is present ratio rises to 2:12. A leading instructor can only have one assistant operating within the ratio.

Specific training in bushcraft is required to run these activities.

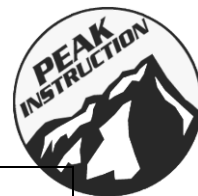
For large events where we are running open days or basic skills tasters, the staff present should ensure that they are comfortable with the supervision of the participants. No set ratio will work in this scenario however the instructor should satisfy themselves that they can adequately supervise the number involved.



## Risk Assessments

The following risk assessment is only to be used as a guide. An instructor is required to work at all times within the remit of their qualifications and use good, sound judgement to back up a dynamic risk assessment. Participants are our responsibility from 'vehicle to vehicle' unless a formal goodbye or handover has taken place.

<b>Hazards. Injury</b>	<b>To Whom</b>	<b>Control Measures</b>	<b>Notes</b>
Slips, Trips & Falls <i>Various Injuries</i>	Participants	Careful choice of route appropriate for the prevailing conditions and group.  Rope carried when operating in the mountains	Route choices should be agreed with Pete Knight
Traffic <i>Death or Serious Injury</i>	All	Group carefully managed on crossings and road walking sections.  Torches front and back for road sections at night.	Group brief
Lost or Overdue <i>Exposure</i>	Participants	A route plan should be left with Pete Knight. If overdue, the local Mountain Rescue will be contacted.  Mobile phones should be carried.	Dial 999, ask for police, give your location then request mountain rescue.
Exposure	Participants	Appropriate clothing and emergency equipment should be carried.  Exit plan in place	If group are not kitted correctly they should be given the choice of purchasing equipment or leaving the course
Weather <i>Hot and Cold Injuries</i>	Participants	Appropriate clothing and emergency equipment should be carried.  Appropriate route choice for prevailing weather.  Exit plan in place	If group are not kitted correctly they should be given the choice of purchasing equipment or leaving the course
Stoves & open fires <i>Burns</i>	Participants & Environment	Close supervision using appropriate fuels and equipment.  Clear briefing on the use and dangers of open fires.  Fire Extinguisher of ABC type deployed where appropriate and a Fire Blanket is always carried where open fires are to be used.  Fire location – overhanging branches, nearby vegetation, soil type, away from other activities.	Fire and stoves made safe before being left unattended.  Fires in designated locations only, done in reference to the site specific guidelines.  Briefing regarding behaviour, seating, placing wood on the fire
Kelly / Ghillie / Volcano Kettles <i>Burns</i>	Participants & staff	Staff should demonstrate & if needed do any lifting, pouring and fuelling of the kettle.  Leather gloves are provided.	See specific volcano kettle document.



<p>Fire starting</p> <p><i>Burns</i></p>	<p>Participants &amp; Environments</p>	<p>Clear briefing on equipment and methods used.</p> <p>Leather gloves are available.</p> <p>Long hair tied back.</p> <p>Awareness of potential for drill to spring out when using the bow drill.</p> <p>Close supervision.</p>	
<p>Improvised Shelters</p> <p><i>Minor Injuries</i></p>	<p>Participants &amp; Environment</p>	<p>Close supervision using appropriate techniques and materials</p> <p>All shelters to be checked by instructor</p> <p>Clear briefing on the hazards of improvised shelters</p> <p>Not removing living flora where possible. Allowing sites to recover between uses</p>	<p>Group brief</p> <p>Manual handling!</p> <p>Consider lashing main ridge poles to tree?</p>
<p>Use of knives, axes and other cutting tools</p> <p><i>Sharp injuries</i></p>	<p>Participants</p>	<p>Close supervision and good brief.</p> <p>Careful choice of techniques used to reflect nature of the group.</p> <p>Appropriate first aid kit contents</p>	<p>Group brief</p>
<p>Unsupervised groups or remote supervision</p> <p><i>Lost</i></p>	<p>Participants</p>	<p>Clear instructions given to group on what to do if they become lost.</p> <p>Unsupervised groups on walks should carry their own emergency kit with them.</p> <p>Unsupervised orienteering should involve the use of a central control point and strict timekeeping.</p>	<p>Group brief</p>
<p>Biological &amp; Chemical agents</p> <p><i>Infection</i></p>	<p>All</p>	<p>Remain vigilant and avoid known areas used as toilets or dumps.</p> <p>Brief group on Weils Disease if appropriate.</p> <p>Tick bites should be immediately referred to a Doctor.</p>	<p>Encourage groups to tell instructor if they see litter</p>
<p>Wild foods and plants</p> <p><i>Poisoning</i></p>	<p>All</p>	<p>Wild foods only used with under 18s if previously agreed.</p> <p>100% positive identification.</p> <p>Only ingest a small amount if it is the first time of trying.</p> <p>Do not collect from field edges that may be contaminated with pesticides or herbicides.</p> <p>Do not collect from roadside verges or where dogs are walked.</p> <p>Do not collect from areas of foul or contaminated water.</p> <p>Always wash before consumption.</p>	<p>Training required before leading bush craft activities.</p> <p>IOL bush craft information available</p>



		<p>Do not use old or dying/deceased plants.</p> <p>Awareness of particular requirements of individual plants for example nettles stings. Etc.</p> <p>Only use the IOL recommended list of plants.</p>	
<p>Cooking</p> <p><i>Food poisoning, burns</i></p>	All	<p>Close supervision where needed.</p> <p>Meat products should be tested and only eaten if 100% certain that they are correctly cooked.</p> <p>Not over filling pans.</p>	Group brief
<p>Other users</p> <p><i>Poor relations</i></p>	All	Avoid busy areas and consider moving to different location.	
<i>Other Minor Injuries</i>	Participants	1 <sup>st</sup> aid kit carried on all activities	Advise visit to GP/A+E where appropriate

Please also make sure you read any site specific information provided separately.

Reviewed 31/5/2014