



<b>ACTIVITY: This Assessment is prepared for the following work activity</b>				<b>LOCATION</b>	
<b>Hiking</b>				<b>Various areas</b>	
<b>STEP 1 – PEOPLE AT RISK: Who might be harmed in the course of this activity</b>					
<b>Club Members, General Public</b>					
<b>ASSESS. DATE</b>	<b>REVIEW DATE</b>	<b>REVISION NO.</b>	<b>REF NO.</b>	<b>ASSESSOR (PRINT)</b>	
<b>10/01/22</b>	<b>10/01/23</b>	<b>N/A</b>	<b>GAOCRA3</b>	<b>G Anderson</b>	

STEP 2: HAZARD IDENTIFICATION The Hazards and circumstances listed below may cause harm to those engaged in this activity	Before control measures				STEPS 3 & 4: These are the measures that are to be applied, to limit the risks of injury or harm from the identified hazards	After control measures applied			
	L	S	LxS	Risk		L	S	LxS	Risk
Transmission of virus (covid)	4	3	12	M	Maintain social distancing, wear face coverings when social distancing not possible, repeatedly wash hands with sanitiser. See BBCMC Separate COVID Risk Assessment.	1	3	3	L
Weather Cold Temperature (enhanced by wind and rain) Hypothermia	3	4	12	M	Up to date weather forecasts assessed prior to activity. Event to be cancelled/rescheduled if a Met Office Weather Warning of Amber or Red for Rain and Wind issued. Event to be reassessed with potential to being cancelled/rescheduled if deemed not to be safe if a Met Office Weather Warning of Yellow for Rain and Wind issued. Route plan determined in light of current & forecast conditions; plan includes escape routes as required.	1	4	4	L



					On-going assessment of conditions and objectives. Plans amended as appropriate. Appropriate warm, waterproof, protective clothing worn or carried.				
Weather Wind Blown off balance leading to fall from height.	3	4	12	M	Up to date weather forecasts assessed prior to activity. Event to be cancelled/rescheduled if a Met Office Weather Warning of Amber or Red for Wind issued. Wind direction and strength reviewed against planned route; route re-planned taking into account of conditions if necessary. On-going assessment of conditions. Plans amended as appropriate i.e. by avoiding edges and ridges.	1	4	4	L
Weather Sun/Heat Sun burn & Hyperthermia	3	4	12	M	Up to date mountain weather forecasts obtained & assessed prior to setting out. Sunglasses & sun hat advised for bright sunny days. Sunscreen advised for face, lips & exposed skin or cover exposed skin. Participants reminded of need for adequate fluid intake & given opportunity for drinks breaks. Routes shortened if required. Rest breaks in shaded areas.	1	4	4	L
Farm Animals Cows/Bulls/Horses/Dogs Crush/Bite	3	4	12	M	Review animals in fields before entering if possible Give all animals a wide birth and avoid walking in-between mother and calves. Maintain level of alertness whilst crossing fields with cows/bulls inside. Don't run unless being charged – young cows/bulls are inquisitive and playful and could potentially follow groups through a field. If bulls/cows/horses become agitated head towards nearest exit of the field – if dogs within group they need to be let off lead.	1	4	4	L



					Use walking poles to ward off farm animals as required in order to increase escape time. Report any incidents to police when all in group are safe.				
Water Hazards (River crossings, marshy ground, fording streams etc) Drowning/ Immersion Hypothermia/ Hypothermia/ Exhaustion from lengthy detours	4	4	16	H	Up to date mountain weather forecasts obtained & assessed prior to setting out. Route will use identified river crossing points i.e. foot bridges and fords etc. Consideration of river levels in light of past, present & forecast rainfall – plans & route modified accordingly. Care taken if/when crossing watercourses, using approved methods and practiced beforehand as required, use of walking poles for additional stability. Appropriate warm, waterproof, protective clothing worn. Energy-rich food & fluids carried. Emergency equipment carried (group shelter or survival bag as appropriate).	1	4	4	L
Terrain (Steep, slippery rocks/mud/grass, loose scree) Slips, trips and falls	4	4	16	H	Appropriate footwear worn Appropriate route choice to minimise consequences of hazard. High risk areas highlighted & managed effectively by the group.	2	4	8	M
Darkness Hypothermia Exhaustion from navigation errors Poor visibility increasing slips, trips and falls risk	3	3	9	M	Realistic plan for the day including escape route options. Suitable torches and spare batteries carried by group. Emergency equipment carried (group shelter or survival bags, as appropriate).	1	3	3	L
Other Mountain Users	3	3	9		Other mountain users dynamically assessed for potential hazards.	1	3	3	L



Falling rocks and stones dislodged by others				M	Modification of route or wait until other users have cleared the hazard area.				
Wildlife Insects Allergic reactions to insect bites and potential infection by insect carried diseases.	3	3	9	M	All to understand risks associated with midges, horse flies and other biting insects that may be encountered. All to understand risks associated with Ticks, size shape etc and rash pattern associated with Lyme's disease. Specific advice given to individuals who may have been affected by Tick bite. Own insect repellent and insect bite/sting medication (bite relief, anti-histamine, epi-pen, tick tweezers) to be carried by individuals.	1	3	3	L
Participant Illness Either pre-existing condition leading to illness or previously unknown medical condition becomes apparent during the day. Leading to delays, exhaustion inability to continue.	3	3	9	M	Verbal check that all is fit and well and any existing medical conditions should be disclosed before activity. Own medication to be carried and if required other person in group informed of location. Constant checking on wellbeing of individuals during the day. First Aid administered to alleviate minor issues if and when required. Planned route to be reduced if individual does not improve.	1	3	3	L

STEP 5: Review and revise as necessary			
Review Date	Actions completed and measures remain effective to control risks OR New Risk Assessment required	Print Name	Comments