

ACTIVITY	HAZARD	POTENTIAL INJURY	PERSONS AT RISK	PREVENTATIVE/ PROTECTIVE MEASURES	LIKELIHOOD	SEVERITY	RISK (=likelihood x severity)
Hillwalking/ climbing	Adverse weather	Cold injury e.g. hypothermia Heat injury e.g. heat exhaustion, sun stroke Dehydration	Participants	Check local and national weather forecast beforehand Plan route around forecast Observe weather during day Be prepared to change route/ have prepared escape routes Use route cards Everyone to carry first aid kit Carry appropriate equipment e.g. Sunhat/waterproofs see kit list Drink plenty of water Carry group shelter	Summer: V. likely Winter: V. likely	Summer: Mildly Harmful Winter: Harmful	Summer: Medium Winter: Substantial
Hillwalking/ climbing	Adverse conditions underfoot (slips, trips, falls)	Fractures Sprains Strains	Participants	Be aware of and wear appropriate footwear Try and keep to paths Avoid hazard where appropriate Use confidence rope if necessary Check local and national weather forecast beforehand	Summer: Likely Winter: Likely	Summer: Mildly Harmful Winter: Harmful	Summer: Tolerable Winter: Medium
All	Illness affecting group member (may subsequently affect safety of whole group)	Illness Exposure	Affected individual and whole group	Carry group shelter Everyone to carry first aid kit Make members aware via membership info. of the importance of declaring any medical conditions and what to do in case of deterioration on a meet.	Unlikely	Harmful	Tolerable
Hillwalking/ rock climbing/ winter climbing	Avalanche/ rock fall	Fractures Bruises Exposure Asphyxiation (Buried in snow)	Participants	Check weather forecast beforehand Inspect route before committing to it - be prepared to change Use helmet on route and when at bottom Winter skills training Read avalanche forecast and understand what it means Always be aware on route and walk-in/ walk-out.	Likely	Harmful	Medium
Rock climbing/ winter climbing	Leader fall onto ground: (failure/ inadequate protection, poor belaying)	Fracture Sprain Bruising	Participants	Choose a route which is realistic for your abilities and experience Protect route Use double ropes Make sure belayer knows what they are doing and is concentrating Check belay	Unlikely	Extremely Harmful	Medium
Hillwalking/ mountaineering	Group inexperience	Strains Sprains Exhaustion Exposure (Navigational errors)	Participants	Group management - ensure inexperienced members are not all together in one group and groups are not too big Make members aware of appropriate equipment to wear/carry Plan route around experience of group Make sure participants are aware of nature/ length/ terrain of walk	Likely	Mildly Harmful	Tolerable

				<p>Encourage participants to follow route on the map</p> <p>Make sure participants let someone know if they have a problem on the walk</p> <p>Make members aware of risks of mountaineering, ensure all have signed participation statement</p> <p>Encourage members to go on training courses e.g. Navigation, winter skills</p> <p>Design walks to become progressively more difficult over year as members gain experience starting with easy and less ambitious walks</p>			
Hillwalking/ mountaineer ring	Members unequipped	Fractures Sprains Exposure	Participants	<p>Make members aware of minimum equipment required</p> <p>Ensure members are aware of what to expect on meet (e.g. weather, terrain,)</p> <p>Check weather forecast and ensure members are aware of conditions i.e. whether they need crampons/ axe and whether they can use them.</p> <p>Encourage winter skills training</p>	Unlikely	Mildly Harmful	Trivial
Mountaineer ring/ rock climbing/ winter climbing	Failure of equipment	Falls Fracture	Participants	<p>Ensure equipment e.g. Crampons are correctly fitted</p> <p>Ensure members are aware of importance of checking their own personal equipment and retiring it as necessary</p> <p>Have gear store checked by qualified technical expert</p> <p>Keep log of equipment usage</p> <p>Retire old and worn equipment</p>	Unlikely	Harmful	Tolerable
Hillwalking/ mountaineer ring	Stalking activities	Gun shot wound	Participants	<p>Use hill phone</p> <p>Check stalking areas beforehand and avoid these areas.</p> <p>Note signs whilst on walk</p>	Unlikely	Harmful	Tolerable
Enjoying yourself	Influence of alcohol	Exposure Embarrassment Falls Burns Driving: Crash fatality	Participants Driver Passengers Other road users Pedestrians	<p>Caution with alcohol intake</p> <p>Get someone to help you home (!)</p> <p>DO NOT DRINK AND DRIVE</p> <p>Be aware of risks of excess alcohol intake e.g. Impaired judgement, risk of passing out, lack of coordination</p>	V. Likely	Mildly Harmful	Medium
All Driving	Hangover	Falls Driving: Crash due to tiredness / lack of concentration	Hungover people People climbing with hungover people Driver Passengers Other road	<p>Avoid challenging climbs or walks of a serious nature</p> <p>Do not put your partner at risk by climbing when hungover</p> <p>Drink plenty of water before going to bed and during the day</p> <p>Do not drive if you feel hungover.</p> <p>Take frequent breaks.</p>	Likely	Harmful	Medium

			users				
Camping	Fire	Burns	Participants	No cooking in tents Know how to work stove Store fuel correctly Ensure fires are extinguished properly	Unlikely	Moderate	Tolerable
Camping	Poor camp placement	Exposure	Participants	Check location of campsite before pitching Check water supply Gain familiarity with pitching tent Check weather beforehand and revise plans if necessary Ensure proper equipment e.g. Warm enough sleeping bag or time of year, roll mat.	Unlikely	Mildly Harmful	Trivial
Driving	Crash due to tiredness / driver distraction	Fatality Fractures Hospitalisation	Driver Passengers Other road users Pedestrians	Ensure drivers have correct experience beforehand (e.g. Minibus test) Minimum of two drivers per minibus switch drivers regularly Ensure all drivers are familiar with minibus Take rests Ensure passengers are do not distract driver	Unlikely	Extremely Harmful	Medium
Driving	Breakdowns	Exposure	Driver Passengers	Check minibus before leaving Ensure minibus has enough petrol for journey Do not leave light on (!) Check roadside recovery details are in minibus before departure	V. Likely	Mildly Harmful	Medium

Mountaineering is an inherently risky activity. Many of the hazards cannot be avoided or eliminated but precautions can be taken to reduce the likelihood of accidents occurring and the severity of the injury resulting.

		Likelihood		
Risk rating scale		Unlikely	Likely	Very Likely
	Mildly Harmful	Trivial Risk	Tolerable Risk	Medium Risk
Severity	Moderately Harmful	Tolerable Risk	Medium Risk	Substantial Risk
	Extremely Harmful	Medium Risk	Substantial Risk	Intolerable Risk

Risk Level	Action / timescale
Trivial	Risk reduced to lowest reasonable level. No action required.
Tolerable	No additional controls required. Monitor to ensure controls are maintained.
Medium	Efforts should be made to reduce risk, with regard to cost-effectiveness and severity of injury.
Substantial	Activity should not be started until risk is reduced or urgent action taken if activity already in progress. Allocate considerable resources to reduce risk.
Intolerable	Activity should not be started or continued until risk has been reduced. If this is not possible, activity must remain prohibited.