

Wilderness Expertise

UK Walking and Camping Risk Assessment



Company:	Wilderness Expertise Ltd	Location:	UK		
Activity:	Walking & Campcraft				
Created by:	Beth Chapman	Signed off by:	JP and PH	Reviewer:	Trainers
Created on:	11.02.19	Signed off on:	13/12/2022	Review Date:	On-going

Identified Hazard	Risk Description	Inherent Risk (consequence x likelihood)	Control Measures & Management Strategies	Residual Risk	Comments/ Further Action
CAMPCRAFT					
Campfires	<i>Burns, forest fires, injury</i>	High	<ul style="list-style-type: none"> - Camp fires: individual site rules to be observed and implemented by Trainers. - Fires to be controlled and not made too large. - Trainer to ensure the camp fire suit is suitable, no ability for the fire to spread and no equipment is near the fire which could catch light. - Fires to be extinguished before leaving and not left un-monitored. - Flammable liquids (Meths etc) is not to be used to start or maintain a camp fire. - Participants instructed to tie hair back and fasten loose clothing. - WE Ltd implement a leave no trace policy. 	Medium	
Cookers	<i>Burns, injury, fatality</i>	High	<ul style="list-style-type: none"> - Low and stable cookers to be used (WE Ltd specify Trangia Meths cookers for UK activities). No students to use personal cookers. See 'additional notes'. - Gas cookers: If provided by school - check participants briefed on safety with gas. Be aware of rubber seal failure on gas canisters if they become very cold. Protect gas canisters from falls during transit with padding (e.g. clothing in rucksack). Protect from direct heat and light. Trainers and participants to beware of cross threading. Brief to ensure dial is switched off before connecting canister. 	Medium	

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			<p>If leaking canister- throw into a clear area until it has discharged. Always use self-seal gas canisters.</p> <ul style="list-style-type: none"> - Meths cookers: must cool before refilling with fuel. - Trainer to be current and competent with cooker type used. - Instruction to be delivered and supervised use only until group are assessed to be competent. - Students only permitted to light stoves unsupervised when they have demonstrated their competence. - Students instructed to tie hair back and fasten all loose clothing. - Boots or sturdy footwear to be worn when using cookers. - Cooking site to be located away from all tents and equipment. - Keep stove at safe distance from flammable objects (tents, fuel etc) - Keep fuel at least 3 metres from flammable objects (tents, cookers) - Clear of all vegetation that might catch fire. - Firm, level and secure area for stoves. - Never leave a lit stove unattended or unwatched. - When packing away ensure cookers are cold. - No fuel to be kept in Trangias after use or in transit. 		
Open Flames (cookers/ fires)	<i>Burns</i>	High	<ul style="list-style-type: none"> - Trainer to brief group on actions to be taken in the event of burn injury. - Running water nearby or a container of water or a bottle of water. - Burns kit in first aid supplies. - Emergency plan so all know correct procedures in case of an incident. 	Medium	
Campsite	<i>Injury, lost person</i>	Medium	<ul style="list-style-type: none"> - Trainer to designate and brief safe areas/routes. - Trainer to mark any hazards prior to last light - Trainer to brief on night procedures: 	Low	

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			<ul style="list-style-type: none"> o Individuals to ensure they always move around with a torch at night o Individuals to operate a buddy system and ensure they inform someone if they are going to the toilet etc at night. 		
Cooking	<i>Food poisoning, sickness</i>	Medium	<ul style="list-style-type: none"> - Instruction in management and pre-cooking preparation to ensure a clear and organised cooking site. i.e. use of pan handles, water management, waste food collection. - Appropriate Food hygiene system in place(washing hands, dry gels) - Appropriate care when using raw meat products. - Stoves in a single organised area eg line or circle formation or another safe group cooking layout. - Avoid frying if at all possible. No cooking in deep oil. - Safe volumes in pots. Reminders about temperature of cooked food. - Progression teaching of cooking skills – simple recipes/foods first. 	Low	
Fuel leakage	<i>Poisoning, injury</i>	Medium	<ul style="list-style-type: none"> - Fuel bottles to be clearly marked and specific for task. (Fuel should never be stored in empty drink containers) - Fuel containers protected (padded to ensure they are not compromised if the bag/pack is dropped). - Fuel to be stored in a designated area in campsites (not in tents). - Fuel to be protected from direct heat and sunlight. - Trainer to brief group on actions to be taken in the event of a suspected ingestion of fuel. 	Low	
Tents	<i>Injury, illness, damaged equipment</i>	Medium	<ul style="list-style-type: none"> - Trainer to instruct and supervise group on how to erect tents to include: <ul style="list-style-type: none"> o Dangers of broken poles/pole ends o Poles to be kept low to the ground and under control when threading 	Low	

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			<ul style="list-style-type: none"> - Trainer to brief group on dangers of living in tents (to include Carbon Monoxide Poisoning and naked flames). - No chewing gum in tents - Tents to be correctly cleaned, dried and packed away with correct poles for size of tent after use. 		
WALKING					
Craggy outcrops	<i>Falling bodily injury - death</i>	High	<ul style="list-style-type: none"> - Appropriate route choice to avoid hazards. - Use of qualified, experienced staff to manage group appropriately in such terrain. - Appropriate navigation techniques. - For unsupervised / remotely supervised groups, Trainers must locate themselves at rock hazards to supervise. - It is vital that the supervisor has a copy of the group's route card and is aware of the appropriate timings. Remote Trainers to minimise the risk by appropriate route choice. 	Medium	
Exposure to weather	<i>Hypothermia, sunburn, lightning strike</i>	High	<ul style="list-style-type: none"> - Weather forecast checked in advance and on arrival. Plan B in place. - Route choice appropriate for group given conditions. Trainer to have suitable adverse weather plans in place – i.e. sheltered routes etc - Daily risk assessments, weather checks and best practice should negate the risk of being caught out; however in extreme weather conditions (Lightning, Gale force winds etc) emergency/alternate routes should be planned and used to evacuate high ground & descend hills safely if that is the most appropriate course of action. - In the event of winter conditions, alternative activities and shorter lower level valley walks only. 	Medium	

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			<ul style="list-style-type: none"> - Group should carry appropriate clothing & equipment as dictated by WE Ltd pre-programme documentation to include relevant personal equipment (e.g. sunscreen, hats, sunglasses, gloves). - Trainer to prevent inappropriately dressed individuals from participating. - Trainers to carry emergency safety equipment, which must include a mobile phone, GPS, Group shelters where appropriate (able to accommodate the whole group), First Aid kit. - Regular scheduled breaks factored into route planning when very hot. - Group carefully monitored, incl. water consumption. - Trainers to brief group on signs and symptoms of dehydration/hypothermia/hyperthermia and actions to be taken. 		
Roads (crossing & walking along)	<i>Bodily injury – death</i>	High	<ul style="list-style-type: none"> - Trainer to ensure that route avoids roads except where necessary, paying extra attention to A roads or known black spots. - Trainer to brief group appropriately on crossing roads, walking in single file on road. - Trainer to supervise all high-risk/busy road crossings. - For unsupervised / remotely supervised groups, Trainers must locate themselves at high-risk road crossings to supervise. - It is vital that the supervisor has a copy of the group's route card and is aware of the appropriate timings. Remote Trainers to minimise the risk by appropriate route choice. 	Medium	
Streams and minor water courses	<i>Falling in leading to drowning or</i>	High	<ul style="list-style-type: none"> - Appropriate route choice for group, avoiding river crossings where possible in line with NGB best practice. - Complete a safety briefing highlighting the risk of individuals falling into the water with a rucksack on. Be clear that all group members 	Medium	

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	<i>hypothermia when near or crossing water</i>		<p>must exercise caution if travelling within close proximity (e.g. 2m) of any unprotected water edge; this should be avoided where possible.</p> <ul style="list-style-type: none"> - An updated weather report needs to be available and briefed each morning. For potential flood risks, the senior Trainer/CD will need to re-assess the risk and take appropriate action if needed. (Warn groups/ change routes/ cancel activity/move group to safe ground). - Trainer must be aware of water crossing areas: manage group appropriately. - For unsupervised / remotely supervised groups, Trainer must locate themselves at water hazards to supervise. - It is vital that the supervisor has a copy of the group's route card and is aware of the appropriate timings. Remote Supervisors to minimise the risk by appropriate route choice. 		
Ticks	<i>Tick-borne diseases</i>	High	<ul style="list-style-type: none"> - Participants and Trainers to wear long trousers and socks. - Trainers to consider carrying tick removers if working in areas of high tick exposure. - Encourage group inspection. If tick found, Trainer should inform teacher before attempting removal. - Participants and teachers should be made aware of signs and symptoms and actions to be taken. 	Medium	Location dependant
Livestock, horses, dogs and wild animals	<i>Injury from attack</i>	Medium	<p>Cows: Look out for signs informing of bulls in fields: avoid where possible.</p> <ul style="list-style-type: none"> - Give cattle a wide berth when passing through field (even if that means moving off footpath for a short time). - Avoid walking between calves and their mothers. - Move quickly and quietly when walking. If cows start following then continue walking do not shout or attempt to 'shoo' away. 	Medium	

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			<p>Horses: Avoid approaching horses from behind as they may kick if startled. if unavoidable give a warning to rider you are there.</p> <ul style="list-style-type: none"> - Give a wide berth when walking round horses on trails/footpaths. - Move slowly and quietly when passing horses. <p>Dogs:No petting of dogs without owners' consent.</p> <ul style="list-style-type: none"> - Don't encourage or feed farm or wild dogs. 		
Broken ground, steep terrain, wet slopes	<i>Slips, trips and falls.</i>	Medium	<ul style="list-style-type: none"> - Trainer to be familiar with area and route and to brief students on likely ground conditions. - Trainers to ensure that all participants are wearing appropriate footwear and that it is fastened correctly. - Trainers to ensure that rucksacks are balanced and adjusted correctly. - Appropriate route choice for group and commensurate with Trainer qualifications. - Encourage: safe movement along uneven/steep terrain. using appropriate group control. setting an appropriate pace for group, sharing of load, additional breaks and physically supporting group members. 	Medium	
Team – Fitness / Medical	<i>Exhaustion, stress injury, personal & mental trauma</i>	Medium	<ul style="list-style-type: none"> - Trainer/CD to collect medical information on the team from teachers/pastoral staff prior to activity and carry info during activity. Any concerns are to be identified to WE Ltd prior to commencing any activity and appropriate measures implemented. - Trainer to select routes appropriate to the level of the group. - Trainer to monitor the group and individuals throughout activity. - For unsupervised/remotely supervised groups, Trainers to conduct regular checks early in the activity to identify any risks. 	Medium	

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Benight-ment	<i>Various</i>	Medium	<ul style="list-style-type: none"> - Appropriate route choice and navigation. Appropriately kitted out-group, including torches. Appropriate safety equipment carried by CD/Trainer with items e.g. group shelter etc. 	Low	
Boggy, wet terrain	<i>Exhaustion, hypothermia</i>	Medium	<ul style="list-style-type: none"> - Appropriate route choice for group. - Support, monitoring and management of group. - Appropriate group/ individual equipment must be worn/provided. 	Low	
Environment	<i>Contamin-ation</i>	Medium	<ul style="list-style-type: none"> - During treks soiled toilet paper/sanitary products should be carried out of wilderness areas to be disposed of. If this is impossible then waste should be safely buried away from habitation, paths and water sources or if this is not possible then safely burnt. 	Low	
Farm yards -barbed wire, tractors, cattle grids	<i>Injury</i>	Medium	<ul style="list-style-type: none"> - Trainer to brief group appropriately. - Close control and supervision. 	Low	
Faulty & misuse of equipment	<i>Injury</i>	Medium	<ul style="list-style-type: none"> - All equipment (especially safety) is thoroughly checked prior to departure. - Trainer to brief group on correct use of all equipment. 	Low	
Heavy rucksacks	<i>Back injury, shoulder stiffness, feet/knee pressure</i>	Medium	<ul style="list-style-type: none"> - Minimising unnecessary extras – appropriate levels of kit as deemed by Trainer. - Trainer to share group safety kit, if appropriate. Group to be briefed on location of all equipment. - Individuals must be properly equipped before taking part. - Trainer to assist with fitting rucksacks if necessary. 	Low	
Incapacita-tin g injury to Trainer	<i>Temporarily unsupported group</i>	Medium	<ul style="list-style-type: none"> - Plans for day's activities left with CD, school staff and UK office. - Trainers and support staff to be aware of emergency contact procedures. - CDs to be kept informed of location by Trainers and be aware of nearest points of support. 	Low	

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Lost individual or group /	<i>Exhaustion, stress injury, personal & mental trauma</i>	Medium	<ul style="list-style-type: none"> - Trainer to plan lost procedure for each activity and also follow school/client procedure. - Trainer to ensure that group devises a method of ensuring that nobody is missing. - Trainer to brief group about correct procedures in the event of individuals or groups becoming lost. Include training if appropriate. - Trainer to notify CD/on-call if group/individual missing for more than 60 minutes. 	Low	
Poorly fitting footwear	<i>Foot injuries due to un-accustomed levels of walking Foot injury</i>	Medium	<ul style="list-style-type: none"> - Trainer to brief group on footwear care and breaking in new boots. - Trainer to supervise the treatment of early signs of hot spots and blisters, where necessary. Trainer to ensure that this is conducted in public and is done appropriately and with consent. - Advanced info provided to clients from WE UK with regards appropriate kit. - For Lowland walking, ground dependant, walking shoes can be appropriate if boots are not available/causing issues. Trainer to make an assessment once the routes have been confirmed. 	Low	
Unaccompanied group walking under remote supervision	<i>Lost participant</i>	Medium	<ul style="list-style-type: none"> - Only conducted when group are operating at a sufficiently high level of skill following training. - Careful choice of remote supervision technique with respect to Trainers knowledge of area and group, from close shadowing to periodic observation. - Each Group and Trainer to carry mobile phone with contact details for emergency use. - Route card and timings to be established, adhered to and updated. 	Low	
Water-borne diseases	<i>Water-borne illnesses.</i>	Medium	<ul style="list-style-type: none"> - On day walks, ensure team is carrying enough water. - On multi-day expeditions implement use of filters or chemical treatments. 	Low	Location dependant

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NOTES	
Trainer pre-requisite Training and Qualifications	<ul style="list-style-type: none"> - Mountain Trainer Summer (MLS) assessed and appropriate for terrain covered. - 16hr First Aid Qualification to NGB standard as a minimum. - Safe-guarding training. - Trainers to be current and competent with relevant CPD logged.
Trainer Equipment notes	<ul style="list-style-type: none"> - Appropriate Trainer walking kit in line with NGB award and WE Ltd Procedures as a minimum: <ul style="list-style-type: none"> o Group First Aid kit o Group shelter - (to accommodate a group) o Mobile phone o Thermos o Map, Compass and GPS o Safety Rope – if appropriate to qualification and ground covered
Group Equipment notes	<ul style="list-style-type: none"> - Group to be dressed and equipped appropriate to the conditions and in line with WE Ltd equipment list - If Groups are remotely supervised each group should carry the relevant safety equipment as outlined in the Supervisors Equipment notes.
Additional notes	<ul style="list-style-type: none"> - Remote Supervision delivered in line with Mountain Training Remote Supervision Guidance on the supervision of groups operating independently PDF dated 2016. - Activities or procedures not specified above are to be discussed between CDs/Supervisors and WE UK prior to the commencement of any activity - Trangia meths stoves are to be used for WE Ltd UK activities. Other stoves can ONLY be used only if correctly risk assessed, training provided by a competent person and with prior agreement from WE Ltd.