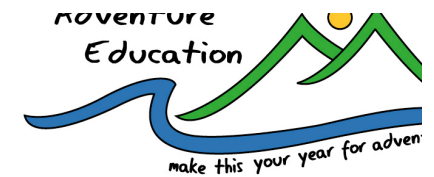


# Over night camping



Document updated 04/01/12 by: Paul Melling & Jenny Lantry

## General Safety procedures

- All participants to be trained.
- Instructor should be appropriately experienced
- Good camping practice to be shown at all times in regards to environment, wildlife and other users
- Equipment should be checked before and be of a appropriate standard for the conditions & time of year
- Get weather forecast before hand

Hazards	Who's at Risk	Control measures	Risk (minimal, manageable, unacceptable)
Hypothermia	Staff & Participants	Correct clothing including spare clothes, carry emergency group shelter	Minimal
Injury & Illness	Staff & Participants	Group leaders to hold up to date first aid qualification First aid equipment and personal medication to be carried. Group aware of forms of communications and emergency procedures	Manageable
Exhaustion	Staff & Participants	Journeys will be aimed at the ability of the group and all participants to be made aware of distances to be travelled. Instructor to be aware of individuals needs. Rest days to be built into programme.	Minimal
Exposure – sunburn, heat stroke	Staff & Participants	Sun hats and creams to be carried Exposed skin to be covered where possible	Minimal
Insect bites	Staff & Participants	All participants to carry midge repellent, bite treatment and to keep covered up. Everyone to have a midge head net.	Manageable
Trip hazards/Guy lines	Staff & Participants	Tidy camp policy Use reflective lines where possible Participants to be made aware of hazard	Minimal
Campfire/stoves - Burns	Staff & Participants	Should be an appropriate distance from tents Discuss dangers of and safety precautions to be adhered to around fire with Group	Manageable

This Risk Assessment is renewed in January each year as a matter of course, but is also reviewed & amended subject to any changes that occur to Ardwhallan Outdoor Education Centre's Normal Operating Procedure.