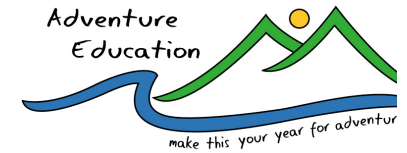


# MOUNTAIN & HILL WALKING



Document last updated by Jenny Lantry & Paul Melling 15/03/12

<b>PURPOSE</b>	Links with National Curriculum Personal challenge. Group/shared responsibility, co-operation, team building. Create an activity and an atmosphere where an element of perseverance is required for success.	<b>OUTCOMES</b>	Understanding of orientation, scale and distance Sense of achievement and meeting challenge, building both team and self esteem. Shared responsibility, trust in peers and safety awareness Enjoyment and 'fun factor' 'Real life' consequences for planning, co-operation, communication etc. Introduction to an accessible lifetime activity / sport
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<b>EQUIPMENT CONCERNS</b>	<p><b>Required</b></p> <p>All participant groups to have a least one map and compass per group Participants should have a whistle or other means of drawing attention when off site Leader should ensure group has first aid kit and emergency bivvy</p>	<b>ENVIRONMENTAL CONCERNS</b>	<p><b>Required</b></p> <p>"Leave only footprints, take only pictures" Awareness of other users in plantations (eg mountain/motor bikers) and extra safety precautions if necessary Obtain Weather forecast prior to activity to ensure conditions are suitable for the group</p>
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<b>STANDARD OPERATING PROCEDURES</b>	<p><b>Before starting activity</b></p> <ul style="list-style-type: none"> <li>• Suitable footwear and clothing</li> <li>• Any medication to be kept at hand</li> <li>• Weather check</li> <li>• Assess the group size in relation to prevailing conditions, location and group ability and tutor/adult/student ratios.</li> </ul>	<p><b>Pre-session briefing</b></p> <ul style="list-style-type: none"> <li>• An appreciation of others using the area</li> <li>• Group control, boundaries, traffic awareness, emergency procedures and map use</li> <li>• Where to find Groups leaders during activity</li> </ul>	<p><b>End of session</b></p> <ul style="list-style-type: none"> <li>• Return maps, pencils and ar other centre equipment</li> <li>• De-brief the group</li> <li>• Complete Session Sheet and any other paperwork necessary</li> </ul>
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## Essential equipment

Personal – Suitable clothing and footwear, day sack, drink and food, waterproofs, personal medication

Group – Maps and compasses, group shelter, walking poles, spare clothing, first aid kit

Leader – phone, whistle, confidence rope (on rougher terrain – Mountain Leader only)

Minimum Leader Qualification	In house trained	Minimum Assistant Qualification	Responsible Adult
Max group size with Leader	12	Max group size with Assistant	20

**Qualifications and acceptable group sizes are dependant on the conditions and terrain in which the activity is to take place. If you are unsure seek advice from the Head of Outdoor Centres.**

Leaders must have an up to date and relevant First Aid

<b>Hazard</b>	<b>Who's at risk</b>	<b>Control measures</b>	<b>Risk (minimal, manageable, unacceptable)</b>
Getting lost	Participants	Progressive levels and groups to carry whistles and being	Minimal
Benighted	Staff & Participants	Carry torches & be aware of timings	Manageable
Tripping / falling over	Staff & Participants	Check shoe laces warning about rough terrain	Minimal
Abrasions and cuts	Staff & Participants	Wear long trousers and tops where appropriate	Minimal
Sheep tics (limes disease)	Staff & Participants	Warn groups about what to look for and to seek medical advice if found	Minimal
Being hit by an off road motor bike/mountain bike	Staff & Participants	Find out about biking events and avoid areas affected	Manageable
Traffic in car parks and on roads	Staff & Participants	Educate participants on the dangers of traffic and safest way to walk on road Group control in car parks Carry and use hi-vis vests if planned route takes group onto a road	Manageable
Weather changes	Staff & Participants	Instructor to have an up to date forecast and be aware off the local environment	Minimal
Walking out of the mapped area	Participants	Staff to make participants aware of vulnerable areas	Manageable
Medical Emergency	Staff & Participants	Communications to be carried at all times as well medical sheets available for paramedic use Personal medication should be carried at all times	Manageable
Hypothermia	Staff & Participants	Group clothing to be appropriate to weather conditions All participants to be monitored for signs of hypothermia Session length and content should be appropriate to the temperature and available kit	Manageable
Heat Exposure/Sun Burn	Staff & Participants	Sun cream to be available Group to be kept covered up and in shade where possible	Manageable
Bee / wasp stings	Staff & Participants	1 <sup>st</sup> aid kit to be carried by staff and any participants with allergies to carry personal medication with them	Manageable