

# PRO-ACTIVE ADVENTURE

## HEALTH AND SAFETY PROCEDURE

### Activity: Wild Country Walking

Minimum Instructor Competence:  
ML

Date Reviewed: 1/03/18  
Next Review Date:1/03/19  
Completed by: Clive Richley  
Competence: Summer M.L.  
Is the activity acceptably safe if managed as below? YES  
Signature: *C. Richley*

#### **Main Risks (numbered) People at risk: Participating staff and clients**

- 1) Foot and ankle injuries on uneven and/or slippery ground
- 2) Hypothermia
- 3) Exhaustion
- 4) Dehydration
- 5) Blisters/wet foot problems
- 6) Getting lost being late
- 7) Exposure
- 8) Falls on steep terrain
- 9) Heat stroke
- 10) Sunburn
- 11) Water hazards

#### **How to manage/control/reduce these risks safely (corresponding numbers):**

Staff hold relevant governing body qualifications and a first aid certificate

- 1) Wear appropriate well fitting footwear, not trainers
- 2) Wear fibre pile clothing and waterproofs
- 3) Routes chosen within the capabilities of the group
- 4) Carry extra fluids and water purification tablets
- 5) Ensure adequate socks initially for good fit, carry spare dry socks and provide gaiters in wet weather
- 6) Take map, compass and torch
- 7) Carry group shelter and spare food and drink, plus hat and gloves in winter
- 8) Carry and use safety and technical equipment suitable for the chosen route
- 9) Wear loose clothing and hat to shade neck
- 10) Use sun block and after sun cream
- 11) Use appropriate safety techniques to protect the hazard

Activity Instructors must ensure that full emergency escape details and a full route plan is completed before the activity is undertaken and put in the Adventurous Activity File in the unit office.

Summoning Help: A call-out person is appointed before the activity takes place. This person is contacted on completion of the activity. If not contacted, they will take appropriate action.

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### Minimum Equipment To Be Carried

**Participants:**

1. Sturdy footwear NOT trainers.
2. Warm clothing when necessary.
3. Waterproof clothing when necessary.
4. Warm hat and gloves in winter.
5. Day beg.
6. Extra, dry socks.
7. Food and drink to suit the expected conditions.

**Participants are to report all defects or damage of equipment to the activity instructor Immediately.**

**Instructor:**

1. Company first aid kit.
2. Bivy bag or survival shelter.
3. Emergency food and drink when required.
4. Extra warm clothing, fleece or sleeping bag.
5. Safety equipment: rope/sling/carabineers to suit location.
6. Sun block and after sun cream.
7. Map and compass.
8. Torch and whistle.
9. Water purification tablets.

**Note: The instructor must remove any defective equipment from service, clearly labelling the item with what is wrong and notify the stores person.**