



Cliffton and Cave Ltd.
‘Trek with Cliffton and Cave’ Generic Risk Assessment
(Covering weekend to week long walks in the mountains and national parks)

Hazard	Who may be harmed?	Risk		Control Measures
		Likelihood	Consequences	
Weather				
General	Team			<ul style="list-style-type: none"> Cliffton & Cave Instructor to check the weather prior to commencing on the days trek to see if he/she are going to undertake in a low or high level trek.
Sun	Team	H	M	<ul style="list-style-type: none"> Cliffton & Cave Instructor to inform the team about the dangers of the sun, i.e. Heatstroke & sunburn dehydration, ect. Cliffton & Cave Instructor to ensure that the team have suitable clothing, e.g. hats, long sleeves with a collar. Cliffton & Cave Instructor to ensure that all the Team have enough fluids with them.
Cold and/or Wet	Team	H	H	<ul style="list-style-type: none"> Cliffton & Cave Instructor to ensure that the team have suitable clothing, e.g. warm cloths and waterproofs. Cliffton & Cave’s party leader will be caring an emergency shelter, first aid pack and spear warm kit if required.
High Winds	Team	M	M	<ul style="list-style-type: none"> Cliffton & Cave Instructor to monitor the weather and wind speed & be prepared to suspend or cancel the activity if it causes safety to be affected.
Lightning/ Storms	Teams	L	VH	<ul style="list-style-type: none"> Cliffton & Cave Instructor are not perimeter to undertake this activity in these conditions. If the team is caught in these conditions the Cliffton & Cave Instructor must cancel the activity and seek appropriate shelter.
Terrain				
Slips/ Trips and Falls	Team	L	VH	<ul style="list-style-type: none"> Cliffton & Cave Instructor to give an individual safety brief of the area including trip hazards before the team commences with the activity. All trip hazards are to be clearly marked and smoothed if can’t be removed. Cliffton and Cave Instructors to check the team’s foot ware to ensure they are suitable for the trek and provide the adequate ankle support.
Falling Stones	Team	L	H	<ul style="list-style-type: none"> All Team members are to ware helmets and fitted by the Cliffton & Cave Instructors when scamberling and in an area of loose stones.

Steep Ground	Team	H	M	<ul style="list-style-type: none"> All Cliffton & Cave Instructors are Mountain Leader/BELA trained in confident roping through steep ground. All team members to wear climbing harness to attach a rope if required during steep ground. Cliffton & Cave Instructor to assess the groups capabilities before setting off onto step ground. Cliffton & Cave Instructor to have prior knowledge of the step ground before taking a group up onto it.
Navigation and Lost up in the hills	Team	L	M	<ul style="list-style-type: none"> All Cliffton & Cave Instructors are Mountain Leader/ BELA trained in confident map and compass work. Cliffton & Cave Instructors carry several maps of the area and are very familiar with their surroundings. Cliffton & Cave Instructors also carry a GPS's in case of an emergency in a white out (NO Visibility).
Medivac from the mountains.	Team	L	VH	<ul style="list-style-type: none"> Cliffton & Cave Instructors are Mountain Leader/BELA trained in confident if getting hold of the appropriate emergency services for a medivac. They each carry a mobile phone. In case no signal on the mobile phone they also have 2 way radios which they can then communicate to base camp to raise the alarm. If a minor medivac it will be a self recovery with the aid of base camp. Cliffton & Cave Instructors carry helicopter signalling equipment and are trained to bring them in.
Night Navigation	Team	L	L	<ul style="list-style-type: none"> All Trekking done with Cliffton & Cave is during the Hrs of day light, but if the situation occurs instructors carry head torches and small spot lights.
Lost Member	Team	L	H	<ul style="list-style-type: none"> Cliffton & Cave Instructors are to carry out regular head counts of their teams to ensure that they have the correct number. Team members are all given a safety brief before commencing with the walk to include the lost procedure or separation procedure. On most of the large walks and expeditions the Team will be accompanied by a trained Search Dog and handler who runs the expeditions.
Equipment				
Pulled back due to rucksack	Team	M	M	<ul style="list-style-type: none"> Cliffton & Cave Instructor to insure that all Team members' rucksacks are correctly fitted and packed prior to commencing in the walk. Cliffton & Cave Instructor are to insure that the Team is not carrying excess weight they don't need and can leave behind. Team members are to work in pairs to put on the rucksacks not to through them on their selves.
Incorrect use of Walking Poles	Team	M	L	<ul style="list-style-type: none"> Cliffton & Cave Instructor's are to show the correct way in which they are used if a team member needs to use them.

Burnt on the gas stove whilst cooking	Team	M	H	<ul style="list-style-type: none"> All Team members are all shown how to use a portable camping gas stove prior to using it on expedition. All Cliffton & Cave Instructors are first aid trained in burns. Team's are to shield stove from the wind to stop any movement in the stove and flame.
Fire in the Tent	Team	L	VH	<ul style="list-style-type: none"> No naked flames/cooking or smoking in side or within 5 metres of any one tent. All tents are spaced out to protect each one if there was a fire. All tents have been coated with fire retardant material which melts instead of catching fire.
Tripping over the guy ropes	Team	H	M	<ul style="list-style-type: none"> If guy ropes are coming onto a walk way they should be marked. No running around the tents.
Drinking Water illness's	Team	L	M	<ul style="list-style-type: none"> All drinking water comes from quality controlled water treatment measures via purification tablets or solutions or via UV water treatment equipment.
Electrocution from a torch	Team	VL	L	<ul style="list-style-type: none"> All torches need to be in good working condition. All torches need to be water resistant to the rain.
Twisted Ankles due to foot ware	Team	L	H	<ul style="list-style-type: none"> Only ankle supported walking boots are aloud to be worn whilst walking in the hills. Cliffton & Cave Instructor are to ensure that all Team boots are tight enough to stop any movement in the boots.
Blisters on feet due to foot ware	Team	M	M	<ul style="list-style-type: none"> Cliffton & Cave Instructors are to insure that the team's have prepared their feet for walking in the hills. Team to wear proper walking socks to stop any rubbing. Cliffton & Cave Instructors are all basic first aid trained to deal with blisters. Cliffton & Cave Instructor are to ensure that all Team boots are tight enough to stop any movement in the boots.
Other				
Route Cards	Team	L	H	<ul style="list-style-type: none"> Before every trek the Cliffton & Cave party leader will produce a route card who he/she will give to base camp and the local authorities. Along with tracings of their predicted route. So in an advent the search time to set to the minimum.
Inappropriate Contact	Participants	L	H	<ul style="list-style-type: none"> Cliffton & Cave Instructors have all gone through pastoral care and soft skills to teach them how to interact with juveniles. Cliffton & Cave Instructor to brief the Team how to support each other in the correct manor if it is required for that activity.