



# Cioch Mountaineering Club

## Cioch Mountaineering Club Risk Assessment Summer Hill Walking Activities

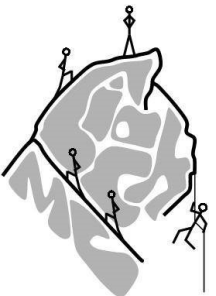
HAZARD	RISK	AT RISK Members (M) Guests (G)	PROBABILITY Low (L) Appreciable (A) High (H)	LEVEL Minor (M) Serious (S) Fatal (F)	MANAGEMENT	OK/AMEND
Lack of communication in the event of an emergency	Delay in Rescue	M G	L	MSF	Leader, and other walkers in party, MUST carry a mobile phone.	
Over-reliance on modern technology for the purpose of navigation	Malfunction of modern technology	M G	A H	MSF	The leader should understand that modern technology (GPS/phone/altimeter) are useful but should always be underpinned with traditional map & compass skills. This philosophy should also be impressed on all walkers undertaking club activities.  Backup devices and batteries should always be carried.	
Weather	Risk of Hypothermia, particularly if delayed/lost due to poor weather and/or cloud (inc. high winds).	M G	L	MSF	Specialist mountain weather forecasts consulted where available. Local weather reports obtained where available.	
	Heat exhaustion; sunstroke; sunburn in warm conditions.	M G	L	MSF	PPE appropriate to weather conditions carried by all walkers.	
	Injury due to lightning strike.	M G	L	MSF	Walkers should always carry first aid kits to cover all common injuries.	
	Injury due to slips/falls occasioned by wet rocks/grass.	M G	L	MSF		



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Steep, broken terrain, slippery rock or grass, muddy or loose paths	Possibility of injury due to slips, stumbles or falls in ascent/descent.	M G	A	MSF	Route chosen is appropriate to all participant's abilities, equipment and prevailing conditions.	
	Risk of injury due to stone fall, either natural or caused by participants or other walkers/cyclists.	M G	L		Participants are advised as appropriate to their abilities and prevailing conditions.  The element of risk is understood and accepted by all.	
Water hazards such as burns, rivers, snow bridges and marshy ground	Burns/rivers in spate may result in lengthy detours leading to risk of exhaustion and hypothermia in students.	M G	L	MSF	Specialist mountain weather forecasts consulted where available.  Local weather reports obtained where available.	
	Possibility of slipping or falling into water resulting in immersion hypothermia.	M G	L		Participants take into account implications of burns/rivers in spate on route choice; are conversant with weather signs; are trained and experienced in river crossing techniques and procedures..	
	Risk of drowning.	M G	L			
	Risk of physical trauma.	M G	L			
Lyme's Disease	Risk of contracting Lyme's Disease from a tick bite	M G	A L	MSF	Carry a 'tick removing hook' in first aid kit	



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Transmission of Covid 19 virus	Possible illness due to transmission of Covid 19 between walkers.	M G	A	MSF	Follow government guidance at all times. Appoint a Covid Officer. Physical distancing must be adhered to (do not share equipment or food). No car sharing allowed. Ensure hygiene by washing hands regularly. Test and Protect Measures must be implemented for all activities. We must record and retain the names and contact details of all the walkers for a period of 21 days.	