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| Instructor Qualifications Required | * Coastal & Countryside Award, Lowland Leader Award or higher
* Valid First Aid Certificate (Minimum 16 hour)
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| Ratios | * 1:15
* Where appropriate ratios must be reduced to meet the needs of participants. For example – SEN, weather or behavioural issues.
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| **Identified Hazard** | **Who is at risk?** | **Potential Causes** | **Control Measure** |
| **Personal Injury*** For example - slips, cuts, twisted ankles, spinal injuries, broken bones
 | * Staff/instructors
* Participants
* Leaders
 | * Tiredness
* Tripping over obstacles. E.g. Rocks
* Descending steep ground
* Lifting heavy rucksacks
 | * Instructor to provide health and safety briefing to prevent injuries where appropriate.
* Instructor to carry first aid kit.
* Group taught how to lift rucksacks appropriately in pairs if necessary.
* First Aid and emergency procedure training to be provided prior to expedition.
 |
| **Difficulty Controlling Body temperature**Hypothermia Hyperthermia  | * Staff/instructors
* Participants
* Leaders
 | * Cold and wet weather
* Inappropriate clothing & equipment
* Hot sunny days
* Carrying heavy rucksacks
 | * Obtain weather forecast and plan accordingly.
* Appropriate clothing to be worn / carried.
* Appropriate amounts / type of food and drink should be carried dependent on weather conditions, terrain etc.
* Use of sun cream to be encouraged.
* Appropriate group safety equipment to be carried – e.g. shelter, warmth etc.
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| **Ticks & Lyme Disease**  | * Staff/instructors
* Participants
* Leaders
 |  | * Sitting in long grass
* Walking through thick undergrowth.
 |  | * Appropriate brief given to group
 |
| **Group Not Returning**  | * Staff/instructors
* Participants
* Leaders
 |  | * Low cloud
* Injury
* Poor navigation
 |  | * Instructor to leave route details, including return time and emergency contact details.
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