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| Instructor Qualifications Required | * Mountain Leader Award or higher * Valid First Aid Certificate (Minimum 16 hour) |
| Ratios | * 1:10 * 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. |
| **Water Borne Infection** | * Staff/instructors * Participants * Leaders | * Drinking from inappropriate sources | * Instructor to consider carefully the sources of water which are used by themselves and group, based on local knowledge. |

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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. |