

## RISK ASSESSMENT FORM – Students’ Union

<b>Activity:</b> (Describe the activity: What is happening)	Indoor Climbing		
<b>Location(s):</b>	Foss Climbing Wall, York St John University Main Campus		
<b>Who may be exposed:</b>	Club Members		
<b>Responsible Person:</b>	Committee Members		
<b>Assessors name:</b>	Mischa-Louise Gibbons	<b>Committee position:</b>	Health & Safety
<b>Assessors signature:</b>	M.Gibbons	<b>Date of assessment</b>	17/06/2019
<b>Related Documents:</b>	<ul style="list-style-type: none"> <li>BMC Participation Statement</li> <li>Belay Sign Off Documents</li> <li>Site Specific Training Sheets (Individual to each person certificated).</li> <li>YSJ Mountaineering Kit Check Spreadsheets</li> </ul>	<b>Review date:</b>	
		<b>Review date:</b>	
		<b>Review date:</b>	

**Get to Green!** Look at the activity and identify the risks. Then put in place all the things that will make that activity safe. Once you’ve done that, the risk will be low! You’ll **Get to Green!** If there is a control measure that is not done just yet (maybe some training), highlight it in Bold and then put in in the action plan at the end with a target completion date. If your risk assessment is suitable and sufficient, then just review it yearly and fill in the dates. If you need any advice, contact YSJU Health and Safety Adviser.

<b>Impact/severity</b>	<b>High</b>	<b>M</b>	<b>M</b>	<b>H</b>
	<b>Med</b>	<b>L</b>	<b>M</b>	<b>M</b>
	<b>Low</b>	<b>L</b>	<b>L</b>	<b>L</b>
		<b>Low</b>	<b>Med</b>	<b>High</b>
	<b>Likelihood</b>			

**Risk Matrix:** The risk matrix to be used is a simple 3x3 with only one red area. This simplistic ‘traffic light’ approach incorporates the likelihood and severity criteria rated as Low (L), Medium (M) or High (H). Risk assessors need only ask two questions to ensure the risk is graded correctly:

**What are the chances of this happening? (Likelihood)**  
**And if it did happen, what is the worse that could happen? (Severity)**

Always consider who this may affect (Staff, visitors, general public etc).

A full detail explanation can be found at the end of this risk assessment.

No	Hazard	Control measures	Risk Level	Additional control measures required	Risk Level	Date control completed
01.	Belaying.	<ul style="list-style-type: none"> <li>• Make sure all members are aware of the risks and hazards of climbing indoors.</li> <li>• Only those signed off as a 'Belayer' can belay other members.</li> <li>• Make sure long hair is tied back.</li> <li>• If belaying someone who is heavier than you, tie on to a sandbag to prevent being lifted off the ground when lowering down.</li> </ul>	<b>High</b>	<ul style="list-style-type: none"> <li>• Ensure all members know how to correctly use equipment before climbing indoors.</li> <li>• Make sure two site specific members sign off each person deeming them safe to belay.</li> <li>• Make sure people learning to belay are 'dead-roped' until confident/ signed off.</li> </ul>	<b>Medium</b>	17/06/2019
02.	Tripping/ falling over equipment.	<ul style="list-style-type: none"> <li>• Ensure everyone is conscious of their surroundings by making people aware of mats, benches and the wall when we are running sessions.</li> <li>• Don't leave equipment lying around on the ground.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>• Make sure all personal equipment is stored/ put away correctly using the designated areas provided.</li> <li>• Draw attention to any hazards.</li> </ul>	<b>Low</b>	17/06/2019
03.	Equipment failure.	<ul style="list-style-type: none"> <li>• Regularly check equipment is safe and recorded on the 'Kit Check' spreadsheets held by club every six months minimum.</li> <li>• Make members aware of safe equipment use not to damage equipment.</li> <li>• Remind all members to report concerns/ damaged kit to a member of the committee for further investigation.</li> </ul>	<b>Low</b>	<ul style="list-style-type: none"> <li>• Make sure all club kit is stored away correctly and used in the right manner.</li> <li>• Remove damaged and decommissioned kit from club use and destroy as necessary.</li> </ul>	<b>Low</b>	17/06/2019
04.	Dehydration.	<ul style="list-style-type: none"> <li>• Remind members to regularly take breaks from climbing to eat and drink.</li> </ul>	<b>Low</b>	<ul style="list-style-type: none"> <li>• Ensure that everyone has access to a drink or knows where the nearest water fountain is.</li> </ul>	<b>Low</b>	17/06/2019
05.	Slipping over (due to lack of friction ie. water on the floor).	<ul style="list-style-type: none"> <li>• Remind people to take notice of the safe footwear posters on the doors to Foss Sports Hall.</li> <li>• Wear suitable footwear.</li> </ul>	<b>Low</b>	<ul style="list-style-type: none"> <li>• Remind people to be conscientious of water and spillages.</li> <li>• Clean up spillages as soon as they're noticed.</li> </ul>	<b>Low</b>	17/06/2019

06.	Freezing on the wall.	<ul style="list-style-type: none"> <li>Remind members to double check each others knots and belay devices before climbing to improve confidence in the system.</li> <li>If new to climbing then only encourage the member to climb half way up the wall before lowering off, this increases confidence and experience.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>Only run sessions if two members are signed off as "Site Specific" with the correct training, as then they will be able to perform a 'rescue' off the wall if needed safely and confidently.</li> <li>Ensure new climbers are aware of the 'BMC Participation Statement' and are aware of the situation they are putting themselves into.</li> </ul>	<b>Low</b>	17/06/2019
07.	Falling from the wall/ swinging or inverting.	<ul style="list-style-type: none"> <li>Remind members to double check each others knots and belay devices before climbing.</li> <li>Only use a figure of 8 knot through the harness to improve stability and avoid inverting.</li> <li>Don't give too much slack to the person climbing.</li> <li>Encourage communication between the climber and the belayer at all times.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>Remind people that holds may spin (see official BMC signs on Foss Climbing Wall).</li> <li>Discourage members from actively inverting on the ropes and discipline them if they do so recurrently.</li> </ul>	<b>Low</b>	17/06/2019
08.	Entanglement.	<ul style="list-style-type: none"> <li>Inform people about the dangers of entanglement of hair and jewellery when climbing.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>Tell everyone with long hair to tie it back and to remove jewellery that may become entangled on a hold or in the rope.</li> </ul>	<b>Low</b>	17/06/2019

### RISK ASSESSMENT ACTION PLAN

This action plan identifies the control measures to be implemented in order to reduce identified risks to the lowest acceptable risk level.

**Note: immediate action must be taken to address any identified net red risk**

Other categories of net risk (amber and green) should be completed within the agreed time period (from the report date) specified providing it is reasonably practicable.

<b>Hazard</b>	<b>Further actions / Control measures (as identified from the risk assessment)</b>	<b>Responsible Person/s</b>	<b>Target Completion Date</b>

## CRITERIA FOR LIKELIHOOD AND IMPACT/SEVERITY

### Likelihood

To determine "likelihood" you should consider previous accidents, frequency of the activity and the knowledge and experience of people involved.

Description	Example Detail
<b>High</b>	<b>Extremely likely</b> e.g. previous incidents recorded in the past month or if hazard is likely to occur imminently or in a very short term. (Hazard exists permanently, a hazardous event occurs daily or throughout the day).
<b>Medium</b>	<b>Most Likely</b> e.g. previous incidents recorded in the past 6 months or if hazard is likely to occur in time. (Hazard occurs intermittently, or hazardous event occurs occasionally throughout week/month)
<b>Low</b>	<b>Likely</b> e.g. previous incidents recorded in the past year or if hazard may occur in time. (Hazard exists very infrequently, or hazardous event occurs monthly or less frequently.)

### Impact / Severity

To establish the severity of the "impact" you need to consider how seriously someone could be injured by the hazard. You should also consider damage to property and equipment, disruption to service and compliance with legislation.

Description	Example Detail
<b>High</b>	<b>Extremely harmful</b> e.g. Death, life threatening illness/injury, amputations, major fractures, multiple injuries, long term incapacity, long term staff sickness, serious service failure impacting on vulnerable groups, major fire.
<b>Medium</b>	<b>Harmful</b> e.g. 3-day injuries, hospital admission, work related upper limb disorder, dermatitis, burns, lacerations, concussion, property damage, service failure impacts on property or non-vulnerable groups.
<b>Low</b>	<b>Could be harmful</b> e.g. superficial injuries, minor cuts and bruises, temporary irritation, less than 3-day staff absence.

Net Risk	Action and Timescale
Low	No further preventive action is necessary, but consideration should be given to solutions or improvements that impose no additional cost burden. Monitoring is required to ensure controls/precautions remain effective and review annually or sooner if there are changes.
Medium	Action should be taken within 6 months to reduce the risk as low as is reasonably practicable. A consideration of costs versus effectiveness should be considered. Where an amber risk is associated with a harmful impact/severity further risk assessment may be necessary to establish more precisely the likelihood of harm as a basis for determining the need for improved control measures.
High	Action must be taken immediately/as soon as possible. Work should stop or not commence until adequate control measures have been implemented. While the control measures should be cost-effective, there may legally be an absolute duty to reduce the risk. This means that if it is not possible to reduce the risk, even with unlimited resources, then work must remain prohibited.

## RISK ASSESSMENT FORM – Students’ Union

<b>Activity:</b> (Describe the activity: What is happening)	Outdoor Climbing		
<b>Location(s):</b>	Outside Crags		
<b>Who may be exposed:</b>	Club Members		
<b>Responsible Person:</b>	Committee Members		
<b>Assessors name:</b>	Mischa-Louise Gibbons	<b>Committee position:</b>	Health & Safety
<b>Assessors signature:</b>	M.Gibbons	<b>Date of assessment</b>	23/06/2019
<b>Related Documents:</b>	<ul style="list-style-type: none"> <li>BMC Participation Statement</li> <li>Belay Sign Off Documents</li> <li>YSJ Mountaineering Kit Check Spreadsheets</li> <li>Weather Forecast (Met Office)</li> <li>Medical Forms (Individual Members)</li> </ul>	<b>Review date:</b>	
		<b>Review date:</b>	
		<b>Review date:</b>	

**Get to Green!** Look at the activity and identify the risks. Then put in place all the things that will make that activity safe. Once you’ve done that, the risk will be low! You’ll **Get to Green!** If there is a control measure that is not done just yet (maybe some training), highlight it in Bold and then put in in the action plan at the end with a target completion date. If your risk assessment is suitable and sufficient, then just review it yearly and fill in the dates. If you need any advice, contact YSJU Health and Safety Adviser.

<b>Impact/severity</b>	<b>High</b>	<b>M</b>	<b>M</b>	<b>H</b>
	<b>Med</b>	<b>L</b>	<b>M</b>	<b>M</b>
	<b>Low</b>	<b>L</b>	<b>L</b>	<b>L</b>
		<b>Low</b>	<b>Med</b>	<b>High</b>
	<b>Likelihood</b>			

**Risk Matrix:** The risk matrix to be used is a simple 3x3 with only one red area. This simplistic ‘traffic light’ approach incorporates the likelihood and severity criteria rated as Low (L), Medium (M) or High (H). Risk assessors need only ask two questions to ensure the risk is graded correctly:

**What are the chances of this happening? (Likelihood)**  
**And if it did happen, what is the worse that could happen? (Severity)**

Always consider who this may affect (Staff, visitors, general public etc).

A full detail explanation can be found at the end of this risk assessment.

No	Hazard	Control measures	Risk Level	Additional control measures required	Risk Level	Date control completed
01.	Belaying.	<ul style="list-style-type: none"> <li>Make sure all members are aware of the risks and hazards of climbing indoors.</li> <li>Only those signed off as a 'Belayer' can belay other members.</li> <li>Make sure long hair is tied back.</li> </ul>	<b>High</b>	<ul style="list-style-type: none"> <li>Ensure all members know how to correctly use equipment before climbing indoors.</li> <li>Make sure two committee members sign off each person deeming them safe to belay.</li> <li>Make sure people learning to belay are 'dead-roped' until confident.</li> </ul>	<b>Medium</b>	23/06/2019
02.	Tripping/ falling over equipment.	<ul style="list-style-type: none"> <li>Ensure everyone is conscious of their surroundings.</li> <li>Don't leave equipment lying around on the ground.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>Make sure all personal equipment is stored/ put away correctly using the designated areas provided.</li> </ul>	<b>Low</b>	23/06/2019
03.	Equipment failure.	<ul style="list-style-type: none"> <li>Regularly check equipment is safe and recorded on the 'Kit Check' spreadsheets held by club every six months minimum.</li> <li>Make members aware of safe equipment use not to damage equipment.</li> <li>Remind all members to report concerns/ damaged kit to a member of the committee for further investigation.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>Make sure all club kit is stored away correctly and used in the right manner.</li> <li>Remove damaged and decommissioned kit from club use and destroy as necessary.</li> </ul>	<b>Low</b>	23/06/2019
04.	Dehydration.	<ul style="list-style-type: none"> <li>Remind members to regularly take breaks from climbing to eat and drink.</li> </ul>	<b>Low</b>	<ul style="list-style-type: none"> <li>Ensure that everyone has access to a drink or knows who is carrying extra water</li> </ul>	<b>Low</b>	23/06/2019
05.	Slipping over (due to lack of friction ie. damp weather conditions.	<ul style="list-style-type: none"> <li>Make sure that everyone wears appropriate approach shoes/ walking boots when getting to crag areas.</li> <li>Don't climb after heavy rainfall.</li> </ul>	<b>Low</b>	<ul style="list-style-type: none"> <li>Take note of weather reports which will suggest frozen/ waterlogged ground conditions.</li> <li>Print/ screenshot weather forecasts for throughout the day.</li> </ul>	<b>Low</b>	23/06/2019



06.	Falling from the wall/ swinging or inverting.	<ul style="list-style-type: none"> <li>Remind members to double check each others knots and belay devices before climbing.</li> <li>Only use a figure of 8 knot through the harness to improve stability and avoid inverting.</li> <li>Don't give too much slack to the person climbing.</li> <li>Encourage communication between the climber and the belayer at all times.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>Remind people that rocks may fall or slip.</li> <li>Discourage members from actively inverting on the ropes and discipline them if they do so recurrently.</li> <li>Ensure members operate within their ability and know how to remain safe when trying new climbs.</li> </ul>	<b>Low</b>	23/06/2019
07.	Falling rocks/ debris.	<ul style="list-style-type: none"> <li>When top roping, trad or sport climbing all members must wear a helmet.</li> <li>Warn members that some areas of the rock may be loose.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>Ensure members pockets are empty before starting a climb</li> <li>Remind members to be aware of other climbers</li> <li>Climbers must be aware to shout 'BELOW' if rocks break to warn others</li> </ul>	<b>Low</b>	23/06/2019
08.	Panic attack/ refusal.	<ul style="list-style-type: none"> <li>Ensure activities are taken at a pace that is suitable for all members and includes breaks.</li> <li>Any walk or approach into the crag/ climbing venue must be well within the ability of the group and the equipment carried by the group.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>Ensure a first aider is on the excursion.</li> <li>Ensure a Mountaineering first aid kit is taken on the trip and that all members are aware of its location.</li> <li>Ensure the activities are planned and carried out by experienced members.</li> <li>Ensure good communication is shown verbally and through actions.</li> </ul>	<b>Low</b>	23/06/2019

				<ul style="list-style-type: none"> <li>● Assess how well and comfortable the climber does on their first grade, advise against them trying harder stuff if more confidence is needed to be built.</li> <li>● If it is the members first time, ask them to go half way up the route and come back down before they commit to going all the way to the top</li> <li>● Ensure relevant committee members are aware of members personal health conditions.</li> </ul>		
09.	Falling off rocks.	<ul style="list-style-type: none"> <li>● Ensure members are aware of any risks that cannot be removed/reduced.</li> <li>● Ensure all members are wearing helmets for top roping and climbing.</li> <li>● Ensure all members have read the BMC Participation Statement before they start the activity.</li> </ul>	<b>High</b>	<ul style="list-style-type: none"> <li>● Ensure activities are taken at a pace that is suitable for all members and includes breaks.</li> <li>● Ensure the activities are planned and carried out by experienced members.</li> <li>● Ensure there is bouldering mats underneath the climbers</li> </ul>	<b>Medium</b>	23/06/2019

				<p>and that they are placed appropriately.</p> <ul style="list-style-type: none"> <li>● Ensure there are spotters to catch falling climbers when bouldering.</li> <li>● Remind members to be aware of other climbers.</li> <li>● Check gear regularly to ensure it is still in place/ safe.</li> <li>● Make sure all members know how to 'top out' a climb.</li> <li>● Use points grading system to evaluate gear if needed to ensure its quality.</li> <li>● Ensure all equipment is placed by someone with experience in gear placing.</li> <li>● Ensure only members who have been signed off to belay are belaying.</li> <li>● Have a second experienced member inspect gear before activity takes place.</li> <li>● Ensure all members are behaving appropriately</li> </ul>		
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				and that action is taken if not.		
10.	Equipment (entanglement in ropes).	<ul style="list-style-type: none"> <li>• Ensure all members have the appropriate equipment for each activity.</li> <li>• Ensure activities are planned and carried out by experienced members.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>• Ensure members are aware and checked for the risk of entanglement before they start the activity (e.g. hair/ jewellery/clothing/ropes).</li> <li>• Ensure equipment is placed correctly such as bouldering mats and ropes.</li> <li>• Check gear regularly to ensure it is still in place/ safe.</li> </ul>	<b>Low</b>	23/06/2019
11.	Hyperthermia/ Hypothermia (heat stroke/ losing body heat quickly).	<ul style="list-style-type: none"> <li>• Ensure that all members have enough liquids and food for the excursion.</li> <li>• Ensure all members have enough layers to keep warm/ hats, scarves and gloves.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>• Ensure committee members carry spare layers/ water.</li> <li>• Be aware of the energy gels and heat packs in the Mountaineering first aid kits and use these if needed.</li> </ul>	<b>Low</b>	23/06/2019
12.	Insect bites or stings.	<ul style="list-style-type: none"> <li>• Ensure all members are aware of the risks of being bitten/stung by certain insects.</li> <li>• Encourage all members to check themselves regularly/ upon leaving the crag.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>• If a member uses an epi-pen for sting reactions ensure that they bring this and that specified members know where it is.</li> <li>• Carry a tick remover and use if needed (one in each Mountain First Aid Kits).</li> </ul>	<b>Low</b>	23/06/2019
13.	Extreme weather.	<ul style="list-style-type: none"> <li>• Print off the forecast for the day and discuss any potential problems this may cause.</li> <li>• Discuss group kit and ensure all know where it is and how to use it.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>• Always call off an event if the weather changes.</li> <li>• Ensure all members are prepared for all weather conditions.</li> </ul>	<b>Low</b>	23/06/2019

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<b>Hazard</b>	<b>Further actions / Control measures (as identified from the risk assessment)</b>	<b>Responsible Person/s</b>	<b>Target Completion Date</b>



## CRITERIA FOR LIKELIHOOD AND IMPACT/SEVERITY

### Likelihood

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### Impact / Severity

To establish the severity of the "impact" you need to consider how seriously someone could be injured by the hazard. You should also consider damage to property and equipment, disruption to service and compliance with legislation.

Description	Example Detail
<b>High</b>	<b>Extremely harmful</b> e.g. Death, life threatening illness/injury, amputations, major fractures, multiple injuries, long term incapacity, long term staff sickness, serious service failure impacting on vulnerable groups, major fire.
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<b>Low</b>	<b>Could be harmful</b> e.g. superficial injuries, minor cuts and bruises, temporary irritation, less than 3-day staff absence.

<b>Net Risk</b>	<b>Action and Timescale</b>
<b>Low</b>	No further preventive action is necessary, but consideration should be given to solutions or improvements that impose no additional cost burden. Monitoring is required to ensure controls/precautions remain effective and review annually or sooner if there are changes.
<b>Medium</b>	Action should be taken within 6 months to reduce the risk as low as is reasonably practicable. A consideration of costs versus effectiveness should be considered. Where an amber risk is associated with a harmful impact/severity further risk assessment may be necessary to establish more precisely the likelihood of harm as a basis for determining the need for improved control measures.
<b>High</b>	Action must be taken immediately/as soon as possible. Work should stop or not commence until adequate control measures have been implemented. While the control measures should be cost-effective, there may legally be an absolute duty to reduce the risk. This means that if it is not possible to reduce the risk, even with unlimited resources, then work must remain prohibited.



## RISK ASSESSMENT FORM – Students’ Union

<b>Activity:</b> (Describe the activity: What is happening)	Hiking, Hill walking and Mountaineering.		
<b>Location(s):</b>	To be Confirmed.		
<b>Who may be exposed:</b>	YSJ Mountaineering Members		
<b>Responsible Person:</b>	YSJ Mountaineering Committee Members		
<b>Assessors name:</b>	Mischa-Louise Gibbons	<b>Committee position:</b>	Health & Safety
<b>Assessors signature:</b>	M.Gibbons	<b>Date of assessment</b>	25/06/2019
<b>Related Documents:</b>	<ul style="list-style-type: none"> <li>• BMC Participation Statement</li> <li>• YSJ Mountaineering Kit Check Spreadsheets</li> <li>• Weather Forecast (Met Office)</li> <li>• Medical Forms (Individual Members)</li> <li>• OS Maps and Satellite images</li> </ul>	<b>Review date:</b>	
		<b>Review date:</b>	
		<b>Review date:</b>	

**Get to Green!** Look at the activity and identify the risks. Then put in place all the things that will make that activity safe. Once you’ve done that, the risk will be low! You’ll **Get to Green!** If there is a control measure that is not done just yet (maybe some training), highlight it in Bold and then put in in the action plan at the end with a target completion date. If your risk assessment is suitable and sufficient, then just review it yearly and fill in the dates. If you need any advice, contact YSJU Health and Safety Adviser.

<b>Impact/severity</b>	<b>High</b>	<b>M</b>	<b>M</b>	<b>H</b>
	<b>Med</b>	<b>L</b>	<b>M</b>	<b>M</b>
	<b>Low</b>	<b>L</b>	<b>L</b>	<b>L</b>
		<b>Low</b>	<b>Med</b>	<b>High</b>
	<b>Likelihood</b>			

**Risk Matrix:** The risk matrix to be used is a simple 3x3 with only one red area. This simplistic ‘traffic light’ approach incorporates the likelihood and severity criteria rated as Low (L), Medium (M) or High (H). Risk assessors need only ask two questions to ensure the risk is graded correctly:

**What are the chances of this happening? (Likelihood)**  
**And if it did happen, what is the worse that could happen? (Severity)**

Always consider who this may affect (Staff, visitors, general public etc).

A full detail explanation can be found at the end of this risk assessment.

No	Hazard	Control measures	Risk Level	Additional control measures required	Risk Level	Date control completed
01.	Tripping/ slipping over.	<ul style="list-style-type: none"> <li>Make everyone aware not to leave equipment or objects in inappropriate places.</li> <li>Ensure all members are wearing suitable footwear.</li> </ul>	Medium	<ul style="list-style-type: none"> <li>Encourage members to shout out to the group if they encounter rough terrain or waterlogged area.</li> <li>Get an experienced group leader to lead the right path.</li> </ul>	Low	23/06/2019
02.	Equipment Failure.	<ul style="list-style-type: none"> <li>Regularly check equipment is safe and recorded on the 'Kit Check' spreadsheets held by club every six months minimum.</li> <li>Make members aware of safe equipment use not to damage equipment.</li> <li>Remind all members to report concerns/ damaged kit to a member of the committee for further investigation.</li> </ul>	Medium	<ul style="list-style-type: none"> <li>Make sure all club kit is stored away correctly and used in the right manner.</li> <li>Remove damaged and decommissioned kit from club use and destroy as necessary.</li> <li>Carry spare kit (eg. at least two compasses).</li> </ul>	Low	23/06/2019
03.	Hyperthermia/ Hypothermia (heat stroke/ losing body heat quickly).	<ul style="list-style-type: none"> <li>Ensure that all members have enough liquids and food for the excursion.</li> <li>Ensure all members have enough layers to keep warm/ hats, scarves and gloves.</li> </ul>	Medium	<ul style="list-style-type: none"> <li>Ensure committee members carry spare layers/ water.</li> <li>Be aware of the energy gels and heat packs in the Mountaineering first aid kits and use these if needed.</li> <li>Educate members taking part to spot signs.</li> </ul>	Low	23/06/2019
04.	Insect bites or stings.	<ul style="list-style-type: none"> <li>Ensure all members are aware of the risks of being bitten stung by certain insects.</li> <li>Encourage all members to check themselves regularly/ upon leaving the area after the walk.</li> </ul>	Medium	<ul style="list-style-type: none"> <li>If a member uses an epi-pen for sting reactions ensure that they bring this and that specified members know where it is.</li> <li>Carry a tick remover and use if needed (one in each Mountain First Aid Kits).</li> </ul>	Low	23/06/2019

05.	Dehydration.	<ul style="list-style-type: none"> <li>Remind members to regularly take breaks from walking to eat and drink.</li> </ul>	<b>Low</b>	<ul style="list-style-type: none"> <li>Ensure that everyone has access to a drink.</li> <li>Committee members/ group leader to carry more water in case of emergency.</li> <li>Plan regular intervals where members can pause to have a drink.</li> <li>Ensure there is enough time blocked out for lunch/ time to eat food and rest before carrying on.</li> </ul>	<b>Low</b>	23/06/2019
06.	Extreme weather conditions	<ul style="list-style-type: none"> <li>Post forecast to the group of people participating in the activity so they can prepare for any extreme weather (eg. unexpected snow during a rainstorm).</li> <li>Discuss potential risks with members before departure so everyone is aware of the risks and what to do in an emergency.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>Print out/ download weather forecasts and distribute these among the group so multiple people have a record of any predicted weather changes.</li> <li>Adapt plans according to the forecast and cancel if needed.</li> </ul>	<b>Low</b>	23/06/2019
07.	Navigational error, getting lost, or group becoming separated.	<ul style="list-style-type: none"> <li>Ensure activities are planned and carried out by experienced members.</li> <li>Ensure the member 'leading' the group knows how to identify any hazards ahead.</li> <li>Do not do the walk if an inadequate number of maps and compasses are supplied for the group.</li> </ul>	<b>Medium</b>	<ul style="list-style-type: none"> <li>Do not start the walk without a shelter or survival bag and all members are aware of its location.</li> <li>Sign up to the emergency text service to get assistance in areas of low/ no mobile signal. Ensure all members know how to access the emergency services if needed.</li> <li>Regular headcounts and register to maintain knowledge of group numbers.</li> <li>Plan what to do if someone becomes separated and</li> </ul>	<b>Low</b>	23/06/2019

				ensure that all members know the protocol. • Ensure equipment is spread out well amongst the group.	
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**RISK ASSESSMENT ACTION PLAN**

This action plan identifies the control measures to be implemented in order to reduce identified risks to the lowest acceptable risk level.

**Note: immediate action must be taken to address any identified net red risk**

Other categories of net risk (amber and green) should be completed within the agreed time period (from the report date) specified providing it is reasonably practicable.

Hazard	Further actions / Control measures (as identified from the risk assessment)	Responsible Person/s	Target Completion Date


## CRITERIA FOR LIKELIHOOD AND IMPACT/SEVERITY

### Likelihood

To determine "likelihood" you should consider previous accidents, frequency of the activity and the knowledge and experience of people involved.

Description	Example Detail
<b>High</b>	<b>Extremely likely</b> e.g. previous incidents recorded in the past month or if hazard is likely to occur imminently or in a very short term. (Hazard exists permanently, a hazardous event occurs daily or throughout the day).
<b>Medium</b>	<b>Most Likely</b> e.g. previous incidents recorded in the past 6 months or if hazard is likely to occur in time. (Hazard occurs intermittently, or hazardous event occurs occasionally throughout week/month)
<b>Low</b>	<b>Likely</b> e.g. previous incidents recorded in the past year or if hazard may occur in time. (Hazard exists very infrequently, or hazardous event occurs monthly or less frequently.)

### Impact / Severity

To establish the severity of the "impact" you need to consider how seriously someone could be injured by the hazard. You should also consider damage to property and equipment, disruption to service and compliance with legislation.

Description	Example Detail
<b>High</b>	<b>Extremely harmful</b> e.g. Death, life threatening illness/injury, amputations, major fractures, multiple injuries, long term incapacity, long term staff sickness, serious service failure impacting on vulnerable groups, major fire.
<b>Medium</b>	<b>Harmful</b> e.g. 3-day injuries, hospital admission, work related upper limb disorder, dermatitis, burns, lacerations, concussion, property damage, service failure impacts on property or non-vulnerable groups.
<b>Low</b>	<b>Could be harmful</b> e.g. superficial injuries, minor cuts and bruises, temporary irritation, less than 3-day staff absence.

<b>Net Risk</b>	<b>Action and Timescale</b>
<b>Low</b>	No further preventive action is necessary, but consideration should be given to solutions or improvements that impose no additional cost burden. Monitoring is required to ensure controls/precautions remain effective and review annually or sooner if there are changes.
<b>Medium</b>	Action should be taken within 6 months to reduce the risk as low as is reasonably practicable. A consideration of costs versus effectiveness should be considered. Where an amber risk is associated with a harmful impact/severity further risk assessment may be necessary to establish more precisely the likelihood of harm as a basis for determining the need for improved control measures.
<b>High</b>	Action must be taken immediately/as soon as possible. Work should stop or not commence until adequate control measures have been implemented. While the control measures should be cost-effective, there may legally be an absolute duty to reduce the risk. This means that if it is not possible to reduce the risk, even with unlimited resources, then work must remain prohibited.