



Mountain Walking	<i>Following planned routes to the summit of a hill or mountain</i>
Target group	Age 10+
Time	Short 2 hours walks up to multi-day expeditions
Rationale / Outcome Benefit	Teamwork and Leadership through clear goals and communication with a real sense of achievement upon completion
Group size	Any. Split larger groups up to sub-groups of 12
Staff	1:12 Must have ML and appropriate Group management experience as a minimum. Must also be experienced in that geographical area. Must be a holder of a current First Aid certificate.
Preparation	Check detailed weather forecast All participants must be advised on the appropriate equipment, food and clothing to be worn and taken.
Specific Emergency Procedure	Make sure you have an escape route planned. See emergency action plan for detailed emergency procedures.
Equipment	First aid kit Head torch Warm spare clothes Group Emergency Shelter Mobile phone Flask with hot sweet drink Knife Walking rope (when necessary)
Trainer kit	Spare emergency food
Delegate kit	Layered clothing appropriate to weather Waterproof Jacket Walking boots or approach shoes Enough food and drink for the trip Spare chocolate bar
Sites	Anywhere suitable for Summer Mountainwalking

Site-Specific Risk Assessment – Mountain Walking



Significant Hazards	Protective Measures
Getting Lost	<ul style="list-style-type: none"> • Route planning agreed with client and line manager • Use of Ordnance Survey map and compass • Emergency mobile telephone with number of base (base must have mobile number) and GPS must be carried. • Route card to include overshoot and safety features • Copy of Route Card must be held at base
Fall/slip	<ul style="list-style-type: none"> • Suitable foot wear to be worn (approach shoes or walking boots). • Choose suitable route choice for weather and client needs • Group must be under supervision • Confidence rope used if needed.
Hypothermia	<ul style="list-style-type: none"> • Detailed weather forecast prior to trip. • Clothing layers to be worn • Suitable clothing for conditions. • Spare clothes to be carried. • Suitable sleeping bag and tent supplied if needed.
Heat stroke	<ul style="list-style-type: none"> • Detailed weather forecast prior to trip. • Water and hat to be carried on trip. • Sun screen and water to be carried • Instructor vigilance.