

Unit : Plymouth & Cornwall Wing
 Risk Assessment Number: TT0901

Activity / Exercise : Hillwalking
 GENERIC RA: NO (delete as appropriate)

Relevant Publications / Pamphlets / Procedures	Assessor	Related RA's (e.g. Manual Handling)
1: ACP20A 2: ACP17 3: ACP31	Name: Flt Lt K. Hemsil	H&S PROC.4 (ACP5)
	Date: 29/12/08	
	Review Date 29/12/09	

The following steps relate to the Risk Assessment Process

Ser	Activity	Hazards identified	Existing controls	Residual Risk Acceptable Y/N	Additional controls	Residual Risk Acceptable Y/N
(a)	(b)	(c)	(d)	(e)	(f)	(g)
1	Walking	Dehydration / Hyperthermia.	Participants are trained to recognise the causes and symptoms of dehydration and hyperthermia. Participants are recommended to drink eight litres of water daily when walking. Participants must carry adequate equipment during all training. Participants are briefed to bring sun block and suitable headwear when required.	Yes		
2	Walking	Flowing Water	Participants are trained to select suitable crossing points on small streams.	No	Participants are directed not to cross flowing water that is above the knee.	Yes
3	Walking	Contaminated Water	Participants are trained about where to take water and water purification tablets are included in the kit list. This is checked by trainers. Participants are encouraged to read the tablet instructions.			
4	Walking	Injuries	All participants are instructed to carry a personal first aid kit, which is checked by trainers. First aid training is given. Participants are given training about how to deal	Yes		

			with a casualty and how to inform directing staff.			
5	Walking	Getting Lost/Separated	Participants must carry emergency rations and whistles, which are checked by trainers. Emergency rations are to contain a meal plus warm drinks and snacks. Points on walks are manned and this ensures that the progress of teams is monitored. Participants are given a safety brief as part of the training process.	Yes		
6	Walking	Slips Trips & Falls	Participants must wear suitable boots with adequate ankle support. Trainers check this.	Yes		
7	Walking	Unexploded ordnance.	Participants are warned of the danger and instructed not to touch any metal objects found.	Yes		
8	Walking	Live firing ranges.	Times when the ranges operate are publicised and planned routes avoid the danger areas. Danger areas are marked with red and white poles in the ground and red flags.	Yes		
9	Walking	Bad weather	Participants must carry waterproof clothing with taped seams. This is provided by the participants and checked by the trainers. Weather forecast are obtained and briefed to teams. Participants are briefed as to actions when weather deteriorates during walks. Participants are briefed on Escape routes and contact details of control staff.	No	Activities will be cancelled on forecast of extreme weather and snow.	Yes
10	Walking	Inadequate supervision.	1:6 cadet/Staff ration. Teams on Basic training trainer walk with them.	Yes		
11	Walking	Roads Walking	Participants are not to walk in roads on fog or bad visibility. In times of good visibility and darkness then participants are briefed to show torches at each end of a line.	Yes		
12	Camp craft	Cooking Stoves	See Seperate RA for Trangia and Gas Stoves.	Yes		
13	General	Alcohol is consumed by directing staff in the evenings.	Some directing staff do not drink alcohol in the evenings so a person is always available to be a duty driver if necessary.	Yes		
14	General	Lack of sleep.	Participants have a lights out time. This is enforced and monitored by directing staff. Training is given about the importance of sleep. Directing staff are encouraged not	Yes		

			to disturb those wishing to sleep.			
15	Driving	Transport	Minibuses are fitted with seatbelts and participants are instructed to use them while the bus is in motion. Drivers have a maximum driving period laid down by HQAC. Minibus drivers are authorised by the RAF using FMT600 system	Yes		
16	Driving	Drivers also participate in training. Tiredness may lead to an accident	It is ensured that drivers are not put in places which require much physical exercise to reach. Drivers duty period is not to exceed 12 hours.	Yes		
17	Accommodation	Accommodation may not be adequately lit outside during the night.	All participants should be equipped with a torch. A safety brief is given on arrival at 'hard' accommodation.	Yes		
18	General	Accident trends	Accident report forms are available to record accidents. The causes of accidents are discussed and corrective action taken as appropriate.	Yes		
19	Catering	Food Allergies	All participants are warned that the food and Ration packs may contain nut traces Allergies are disclosed on Medical forms which are scrutinised and the catering staff made aware of allergies.	Yes		
20	General	Inexperienced Directing staff.	Many directing staff have 'wild country' status which is authorised by Regional HQ. Directing staff are supervised by experienced staff with appropriate NGB's or CTE status. Briefings are given by staff holding NGB Qualifications	Yes		
21	General	Undisclosed medical problems.	Parental consent forms are completed disclosing medical problems. Participants are encouraged to inform directing staff of issues and to let their team members know as it will probably be them that treats them. Staff are encouraged to inform other directing staff of issues that affect them.	Yes		
22	General	Personal attack	Participants are not to be left alone in situations that might compromise thier safety. Once participants have finished then they are kept together in transport or	Yes		

			buildings. Participants are not to be left alone in public places or minibuses.			
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Details of Person responsible for carrying out this risk assessment / Review

Controls	Name (print)	Post	Date	Signature
Existing & Additional controls agreed – Sqn Cdr, Wing, Region	Flt Lt K Hemsil	OC TT		
Additional Controls Implemented – Activity Commander				