



<b>Name of activity</b>	<b>Mountain Day Summer</b>		<b>Reference number</b>							
<b>Location of activity</b>	Lake District Mountains (April – November)		<b>Ratio for activity</b>			2: 12				
<b>Level of qualification needed to lead</b>	ML Summer Mountain Leader Award assessed and in-house training directed by MIC, MIA or IFMGA Mountain Guide									
<b>Level of qualification needed to second</b>	ML Summer Mountain Leader Training or Hill and Moorland leader assessed and in-house training directed by MIC, MIA or IFMGA Mountain Guide									
<b>This document must be read in conjunction with</b>	<b>Activity Standard Operational Procedures</b>									
<b>Key: L – Likelihood, S – Severity, R – Risk</b>					<b>Risk Score 1- 2 = Low 3- 4 = Medium 5- 6 = High</b>					
<b>Activity Description</b>	<b>Foreseeable Hazard</b>	<b>Who might be harmed and how?</b>	<b>L</b>	<b>S</b>	<b>R</b>	<b>Control measures</b>	<b>L</b>	<b>S</b>	<b>R</b>	
Mountain Walking	Trip slip fall	Any member of the group, slip trip fall, bodily injury, fatality	2	3	5	Route choice group control good boots footwear	1	3	4	
Mountain Waking	Rock fall	Any member of the group hit by rock fall, head or bodily impact injury	2	3	5	Vigilance and observation group management and route choice	1	3	4	
Mountain Walking	Environmental windy wet slippery cold wind chill	Any member of the group. Cold first stages hypothermia	2	2	4	Check forecast plan route accordingly check clothing worn and carried. Instructor monitor group	1	2	3	
Mountain Walking	Environmental effects of the sun	Any member of the group, sun burn dehydration	2	2	4	Enforce use of high factor protection. Lots to drink, wear a hat modify route	1	2	3	



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Mountain Waling	Polluted water	Any member of the group stomach upset from drinking from polluted water	2	2	4	Only drink from their own bottles or high mountain fast flowing streams	1	2	3
Mountain Walking	Navigation mistake, getting lost or misplaced	All members of the group get lost tired physically exhausted and or distressed	2	2	4	Use NGB qualified experienced mountain leaders	1	2	3
Mountain Walking	Falling from wall or fence or style	Any member of the group falling climbing wall fence or style head injury broken limb bodily injury	2	2	4	Leader management of the group avoid climbing walls or fences very last resort	1	2	3
Mountain Walking	Kicked, charged or bitten by farm live stock	Any member of the group injured by farm live stock	2	2	4	Hazard awareness briefing the group and group management route choice	1	2	3
Mountain Walking	Foot injuries and blisters	Any member of the group, new or poor fitting boots and or socks, blisters	2	3	5	Check novice's footwear before departure on-going monitoring proactive use of plasters before blisters become a problems stop and deal with the issues	1	2	3



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Mountain Walking	Tick bites, Lyme disease	Any member of the group bitten by ticks, infection	2	2	4	Route choice avoid bracken if possible, group awareness of hazard and what to look out for signs and symptoms Lyme Disease wear long sleeves	1	2	3
<b>Written by :Mike Margeson</b>			<b>Date November 2013</b>			<b>Signature Mike Margeson</b>			
<b>Reviewed: Mike Margeson</b>			<b>Date December 2016</b>			<b>Signature Mike Margeson</b>			
<b>Reviewed by: Mike Margeson</b>			<b>Date December 2017</b>			<b>Signature Mike Margeson</b>			
<b>Reviewed by: Mike Margeson</b>			<b>Date December 2018</b>			<b>Signature Mike Margeson</b>			