



<b>Name of activity</b>	<b>Local Fell Walk : Night Walk</b>		<b>Reference number</b>							
<b>Location of activity</b>	Local Fells		<b>Ratio for activity</b>			1:12				
<b>Level of qualification needed to lead</b>	Hill and Moorland Leader or combined in house training and assessment 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>	
Local Fell Walk day or night	Slip trip or fall	Any member of the group abrasion cut bruise twisted ankle broken limb	2	2	4	Route choice check of foot wear ensure any hazards are supervised Ensure adequate lighting if at night	1	2	3	
Walking along or crossing roads	Hit by vehicle	Any member of the group hit by vehicle on the road potential serious accident fatality	2	3	5	Hazard awareness and briefing of the group management of walking along the road or crossing select crossing location	1	3	4	
Local Fell Walk	Cold Wet Tired Exhausted Hypothermia	Any member of the group first stages hypothermia wet cold tired shivering	2	3	5	Briefing and group awareness route choice sheltered lower wind Chill extra food and drink carried adequate clothing check layers	1	3	4	



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Local Fell Walk	Group becoming Separated	Any group member or members becoming separated from their group or left behind	2	2	4	Group management observation regular head count particularly at night	1	2	3
Local Fell Walk in Grizedale Forest	Mountain Bikers other users	Any member of the group being hit by a mountain biker impact bodily injuries potentially serious	2	3	5	Instructor brief group of the hazard observation and group control on forest tracks	1	3	4
Local Fell Walk	Late return Over due	Whole group late or over due	2	2	4	phone in at the first possible opportunity if they know they are late understand overdue procedures	2	1	3
Local Fell Walk	Accident or Emergency	Any member of the group or Instructor or member of the public	2	2	4	First aid group shelter spare warm cloths food and drink carried. Mobile phone carried	1	2	3
Local Fell Walk	Effects of the sun, sun burn	Any member of the group sun burn heat injuries , head ache , dehydration , tiredness	2	3	5	Ensure plenty breaks and drink Use sun block screen wear a hat cover up if fair skinned. If hot modify route	1	2	3
Local Fell Walk	Blister's soft tissue injuries	Any member of the group, wet feet, poor socks and or footwear , rubbing or blisters	2	2	4	Check footwear beware ankle socks Monitor give plasters for blisters before they get too bad	1	2	3



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Local Fell Walk	Tick Bite Lyme Disease	Any member of the group bitten by a Tick possible infection Lyme Disease	2	3	5	Briefing about ticks what to look out for signs and symptoms of Lyme Disease. Consider long sleeves and trousers Route choice	1	3	4
<b>Written by: Mike Margeson</b>			<b>Date November 2013</b>			<b>Signature Mike Margeson</b>			
<b>Reviewed by: Mike Margeson</b>			<b>Date January 2017</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>			