# Leeds University Union

Risk Assessment

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| **Name of Group** | **Hiking LUUHC** | | **Date of Assessment** | | **05/09/19** | | |
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| **Hazards?** | **Who might be harmed and how?** | **What are you doing already?** | **What further action is necessary?** | | | | |
| **Action required** | **By whom** | | **when** | **Done** |
| Lightning | Members. Electrocution by direct hit and from falling rocks bit lightning strike. | Weather forecast check when considering route/group objective. If lightning is forecast groups will avoid ridges. If caught on exposed ground leader will guide group to safety | Weather forecast check | Leaders & Committee | | Before Each Trip |  |
| River Crossings & Drowning | Members. Death by drowning or hypothermia after submersion in water. | Group members wishing to swim in open water must consult leaders beforehand and can only be done so with leader supervision by a leader who is first aid trained. Group leader will avoid river crossings where possible by using bridges etc and will identify any required river crossings during planning. River crossings to be conducted carefully and under close supervision of the leader. | Leaders to be aware of the guidelines in MLT handbook for crossing rivers. | Leaders | | Before Each Hike |  |
| Exposure, Hypothermia & cold/wet conditions | Members. Harm and potential death from hypothermia. | Group leader to check current forecast in consideration of route/group objective and to advise members on correct kit and suitability of kit for intended route. Group leader will carry group shelter for activities conducted in inclement weather. Unsuitably prepared group members will not be allowed on trips and advised what is suitable for next time. | At intro meeting kit requirements will be made clear to members. On each trip members kit will be checked. | Gear secretary. Leaders & Committee | | Before each trip and at intro meeting |  |
| Loss/Separation from Group | Members and Leaders. | Group to leader to regularly check group numbers and count members to ensure everyone is present. Manage group to minimise group separation. | Brief group on procedure to be followed in event of separation. | Leaders | | Before each hike |  |
| Navigational Errors/Being Unable to Reach Base | Members and Leaders. Exposure, dehydration, falls from height. | Group leaders to be competent at navigation and carry appropriate navigation equipment. All members to carry charged mobile phones and phone mountain rescue for assistance in an emergency. A route plan should be available at base/accommodation and an emergency call out time decided. If a group is delayed contact should be made with other LUUHC leaders/committee if possible. Group must have adequate head torches for unexpected night navigation. | All leaders and competent members to ensure navigation is correct. If available GPS should be taken on routes. | Leaders | | Before each hike |  |
| Falls from Height | Members. Death or injury from falling. | Group members will be made aware of the inherent dangers of hiking/scrambling/mountaineering at height. They will be informed about specific needs for wearing a safety helmet as per LUUHC safety policy. Group leader will carry a rope on scrambles and winter mountaineering routes. | Members to be made aware of specific dangers of the route when they sign up. | Leaders | | Before Each Trip |  |
| Slips, Trips & Tumbles | Members. Injury can occur both on a hike/scramble and at accommodation. | Group members will be aware of importance of suitable footwear and will be informed by leaders of specific hazards before sign up. Members unsuitably prepared will be prevented from taking part. Leaders will encourage members to support each other when ascending and descending on difficult terrain. Group leaders will be first aid trained. | At intro meeting kit requirements will be made clear to members. On each trip members kit will be checked. If spillages occur in accommodation they must be cleaned up immediately. | Leaders & Committee. | | Before each trip. |  |
| Rock and ice fall | Members. Injury from rock/ice fall above or fall from height. | Members to be made aware of the danger. Leaders avoid other scrambling/climbing parties if possible. Helmets worn by members when scrambling in gullies or on rock faces and worn at all times when climbing. | Members to be reminded of the rules regarding the use of helmets. | Leaders | | Before each hike. |  |
| Avalanche | Members. Death or injury by avalanche. | Leaders will consult avalanche forecasts when planning routes in winter conditions. Leader will perform avalanche risk check when deemed necessary on hike. Group members will be made aware of the dangers and measures to minimise the risk. Leaders will choose appropriate routes to reduce risk of avalanche. | Avalanche and weather forecast check. At winter briefing members made aware of risks. | Leaders & Committee | | Before each hike and at winter briefing. |  |
| Cornice collapse | Members. Death or injury. | Leaders will consider cornice risk in route planning and will take appropriate action to reduce risk of cornice interaction. Members will be made aware of cornices. | Members to be made aware of cornice danger. | Leaders | | Before and on each hike. |  |
| Sunburn & Heatstroke | Members. Dehydration and burns. | Members advised to carry sufficient water and about the benefits of sun protection. Advised to take rehydration sachets in extreme heat. | Advising members. | Leaders | | Before each hike. |  |
| Dehydration & Tiredness | Members. | Members advised to bring sufficient food and water for hikes. Leaders to remind members to eat and drink regularly on hike. | Leaders look out for tiredness amongst members. | Leaders | | Before and on each hike. |  |
| Blisters, muscle and joint pain. Illness, bites, allergies. | Members. Injury from all of the listed. | Members advised to change socks and wash and dry feet after hike. Leaders must carry first aid kits and any appropriate action be taken. If problems persist members may have to be taken to see a doctor or hospital. | Leaders to give advice and give appropriate first aid. | Leaders | | Before and on each hike. |  |
| Road traffic accidents | Members and other road users. Death or injury in RTA. | All drivers/vehicles registered with LUU. MiDAS tests a requirement for minibuses and MPVs. First aid kits to be carried. Drivers to make regular stops and for longer journeys no less than 2 drivers per vehicle. Seat belts must be worn and no driver or passengers to consume alcohol. | Driving to match the conditions. Drivers to be aware of breakdown and emergency procedure. | Drivers | | For every trip by self-driven transport. |  |
| Public Transport | Members. Possibility of being lost in transport terminals. | Using appropriate transport and checking timetables. | Leaders to keep count of members. | Leaders | | For every trip involving public transport. |  |
| Vehicle/Pedestrian accident | Members. Death or injury through collision with vehicle. | Members made aware of dangers of walking/crossing country roads. | Leaders to be at front and rear of group when on country roads. | Leaders | | On every hike. |  |
| Socials | Members. Alcohol related injuries, hospitalisation. | Responsible drinking encouraged, no peer pressured drinking or initiations. Members not allowed to consume excessive alcohol during a hike. 2 committee members to be designated stewards during socials. | Members advised. | Committee | | Before and on socials. |  |
| Via Ferrata | Members. Injury or death from falling, inadequate equipment or rock fall. | Members partaking must be competent scramblers and prior knowledge of how to do Via Ferrata safely. Will use Via Ferrata sets designed with KISA in conjunction with climbing harness and helmet. Group leader will carry safety rope. | Ensuring only competent members and leaders allowed. | Leaders | | Before each trip. |  |
| Scrambling | Members. Injury or death from falls or rock fall. | Only scramble leaders will lead groups on such routes. Members will be made aware of the inherent risks. Members must use required equipment as outlined by LUUHC safety policy. Members must know how to use appropriate equipment and techniques. Harnesses must be worn by all participants when undertaking a grade 3 scramble and the club’s scrambling rack must also be taken on any grade 3 routes along with an appropriate rope. Only scramble leaders with experience of rock climbing or with previous experience will lead grade 3 scrambles and above. | Ensuring only competent members allowed (Members on Grade 3 scrambles must have had Grade 2 scrambling experience & ideally rock climbing experience) | Leaders | | Before each trip |  |
| Rock climbing (Summer and Winter) | Members. Injury or death from falls or rock/ice fall | Only leaders with extensive climbing will lead groups in the conditions appropriate to their experience. Members will be made aware of the inherent risks. Members must use required equipment as outlined by LUUHC safety policy. Members must know how to use appropriate equipment and techniques. | Ensuring member competency and advice at winter briefing. | Leaders | | Before each trip. |  |
| Winter hiking. | Members. | Members made aware of appropriate kit and risks inherent in activity. Only winter leaders lead walks in winter conditions above valley level. Members must follow LUUHC safety policy as directed by leaders and leaders must ensure members have appropriate kit. Members with unsuitable kit will be prevented from joining the trip. Members must have been on one summer conditions weekend trip to be allowed on winter trip – this is at committee discretion. | Advice at winter briefing. | Leaders and committee. | | Before each hike and at winter briefing. |  |
| Camping and Wild Camping | Members. Injury, fire. | Appropriate camping grounds should be sought following the countryside code and Leave no Trace. Sites should avoid trees, close proximity to rivers, and steep ground with potential rock fall. Tents should be at least 3m apart to reduce fire hazard. Stoves should be used away from and definitely not inside tents. | Advice from experienced campers prior to setting up camp. | Leaders | | Before each trip |  |
| Club gear handling and loss. | Members. Death or injury through faulty or lack of equipment. | Members advised how to care for equipment. Gear secretary to undertake gear inspection before trips and to carry out a twice-yearly gear store inventory. Lost equipment to be replaced once loss is noted. | Checks and replacements where necessary. | Gear Secretary. Leaders & Committee. | | Before each trip and twice yearly. |  |
| Accommodation Incidents | Members. | 1 member of committee to check facilities on arrival and report issues to owners immediately. Members must be made aware of fire and medical emergency procedures. | Inspection of facilities on arrival by a committee member. | Committee | | At start of each trip. |  |
| Cooking and food preparation | Members. Burns, scalds, allergic reactions. Cuts etc. | 1 member on trip must have food hygiene certificate. First aid will be given as appropriate. Members must inform committee of dietary requirements in advance of trip at sign up. | Food hygiene certified member to undertake responsibility. | Committee. | | Before and during trip. |  |
| Medical conditions & disabilities | Members. | Members must give medical details when buying membership. Committee and leaders to be made aware of this. Members to remind committee of dietary requirements at sign ups. Note: not all disabilities can be catered for due to nature of activity. | First aid kit to be carried by leaders on all trips. Alternative meals to be provided where possible. | Committee | | At sign ups and when buying member- ship. |  |
| Leader Competency | Members & Leaders | Discussion amongst leaders and committee to determine a leader’s ability. This is to be continually reviewed and skill progression to be encouraged. Leaders not to lead activity above their level of perceived expertise. Conditions on day of hike to be taken into consideration on all occasions. | Continuous training of leaders to be subsidised by club. Includes first aid training. | Leaders & Committee. | | Often. |  |
| Fitness Training, Yoga and Parkrun Events | Members and Leaders. Tiredness, physical fatigue, slips and trips | During fitness training and yoga sessions, members will be monitored by leaders for signs of tiredness due to physical activity and will not over exert member capability. All fitness events will take place on campus and in the event of adverse weather conditions training will be cancelled or undertaken in a dry area to avoid slipping. During parkrun events all orders from the parkrun officials will be followed and members will be made aware of uneven ground and areas likely to slip. The parkrun risk assessment will also be followed and viewed regularly for updates. | Weather forecast check | Leaders & Committee | | Before Each Session |  |

Carried Out By:

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| **Name** | **Committee Position** |
| Joe Lawley | President |
| Ruth Trainor | Secretary |
| Adam Wade | Treasurer |
| Oliver Yates | Trip Secretary |
| Elizabeth Atkinson | Gear Secretary |
| Sarah Organ | Social Secretary |
| Emma Dean | Website Secretary |
| Adam Hale | General Committee Member |
| Kelly Lloyd | General Committee Member |
| Elizabeth Young | General Committee Member |

Review Date: 05/09/2019