

Night Hike

Generic Risk Assessment

Hazard	Risk	Who is Affected?	Risk Before			Action Taken	Risk After		
			S	L	T		S	L	T
Participants	Collisions with other participants causing concussion, bruises or abrasions	Participants	2	2	4	<ul style="list-style-type: none"> Staff member to ensure participants are spaced apart when activity takes place. Staff member to ensure there is good participant control during the session. 	2	1	2
Faulty Equipment	Injury due to equipment breaking and hitting participant e.g. bruises, cuts and abrasions	Team	2	2	4	<ul style="list-style-type: none"> All equipment should be checked by the staff member prior to and during the session. 	2	1	2
Equipment	Misuse of equipment leading to injuries due to being hit e.g. bruises, cuts and abrasions	Team	2	2	4	<ul style="list-style-type: none"> Staff member to brief participants on the correct usage of the equipment. Staff member should remain vigilant to ensure participants are using equipment as briefed. Participants to be adequately spaced out before using equipment. 	2	1	2
Vegetation	Ingestion/illness caused by touching/ingesting vegetation	Participants	3	2	6	<ul style="list-style-type: none"> Staff member to ensure the participants stay together and that they are briefed not to eat anything they find. 	3	1	3
Wildlife	Injuries (e.g. bites, stings) from wild animals	Team	2	2	4	<ul style="list-style-type: none"> Staff member to ensure participants remain together. 	2	1	2
Vehicles	Injuries (either major or minor) due to being	Team	4	2	8	<ul style="list-style-type: none"> Staff member to brief the participants about the procedure for roads before setting off on the hike. Staff member to ensure good participant control 	4	1	4

	struck by moving vehicles					<p>throughout the hike.</p> <ul style="list-style-type: none"> Staff member and teachers to be vigilant and monitor participants across roads. 			
Darkness	Participants becoming lost	Participants	3	2	6	<ul style="list-style-type: none"> Participants briefed to stay together. Staff member must remain in constant communication, stopping regularly to prevent the participants becoming spread out. Regular role calls are carried out. 	3	1	3
Surfaces	Hard, uneven or slippery surfaces causing slips, trips and falls	Team	2	2	4	<ul style="list-style-type: none"> Area checked for hazards before session. Group checked to ensure they are wearing suitable footwear. Staff to ensure there is good group control during session. 	2	1	2
Over-exertion	Muscle strains	Team	2	2	4	<ul style="list-style-type: none"> Staff to ensure a thorough warm-up is carried out prior to the activity starting. 	2	1	2
Unsafe area of site	Injuries due to entering unsafe area	Team	3	2	6	<ul style="list-style-type: none"> Staff to give group clear boundaries and keep in sight at all times. 	3	1	3
Sharp natural objects/litter	Touching objects leading to cuts, splinters or other minor injuries	Team	3	2	6	<ul style="list-style-type: none"> Staff to do full safety brief to warn group and remain vigilant. 	3	1	3
Heat	Risk of heat exhaustion, dehydration during activity	Team	3	2	6	<ul style="list-style-type: none"> Regular water breaks, participants to wear sun cream and hats if still daylight, and try and find shade. 	3	1	3
Members of the public	Stranger danger	Team	4	2	8	<ul style="list-style-type: none"> Staff to remain vigilant at all times and to make sure group are counted regularly and stay within the boundaries set. 	4	1	4
Sea (where applicable)	Drowning	Team	4	2	8	<ul style="list-style-type: none"> Staff to set boundaries, control the group & to avoid the sea during session. 	4	1	4
Weather	Risk of sunburn, heat exhaustion and dehydration; or hyperthermia during activity	Team	3	2	6	<ul style="list-style-type: none"> Ensure regular water breaks are taken. If it is hot, ensure participants wear sun cream and hats and there is a shaded area available. If it is cold, ensure participants are wearing suitable clothing to keep warm. 	3	1	3

