

Guided Hikes - Quick Risk Guide for Staff

Purpose: Fast reference for leaders.

Key Hazards & Controls

- **Terrain & Path Hazards:** Route planning, briefing participants, appropriate footwear, pacing to group ability.
- **Weather & Exposure:** Check forecasts, provide kit guidance, dynamic route adjustments, carry emergency shelter, water, and layers.
- **Water Hazards:** Avoid hazardous crossings, plan for tides, supervise group, maintain safe distance.
- **Historic / Rocky Sites:** Follow marked paths, supervise, avoid unstable areas.
- **Participant Health & Fitness:** Pre-event disclosures, first aid kit, leader trained in first aid, monitor participants for fatigue or illness.
- **Group Management & Behaviour:** Safety briefing, buddy system, headcounts, remove unsafe participants if needed.
- **Wildlife & Environmental Hazards:** Avoid direct contact, educate participants, monitor surroundings, carry first aid for bites/allergies.

Emergency Procedures

1. Assess situation & ensure group safety.
2. Administer first aid if required.
3. Call 999 / Mountain Rescue for serious incidents.
4. Move group to safe location; use shelter if needed.
5. Record incident for review.

Essential Items Leaders Must Carry

- First aid kit
- Map, compass, GPS
- Mobile phone & power bank
- Emergency contact list & route info
- Spare clothing / shelter
- High-vis clothing if needed

Leadership Priorities

1. Safety first
2. Clear communication
3. Dynamic risk assessment during walk
4. Document incidents and deviations

Note: Staff must adapt pace, route, and instructions to group ability and environmental conditions at all times.