

Kintail Mountain Activities



Forcan
Inverinate
Kyle
Ross-shire
IV40 8HB

Qualified Climbing, Hill Walking & Mountaineering Instruction

Risk Assessment for: Expeditions

Instructor(s) hold minimum Summer ML.

All clients are 18+ or accompanied by parent/carer.

First Aid kit, mobile phone (& radio if appropriate) carried by Instructor(s). (Mobile reception may be patchy or non-existent.)

Hazard	Risk	At Risk Instructor I Client(s) C Public P	Likelihood & Seriousness of Injury	Control Measures & Management	Remaining Risk Level
WEATHER	Hypothermia	I C	Possible Fatal	<ul style="list-style-type: none"> Up to date weather forecasts assessed prior to activity. Route & activity plan determined in light of current & forecast conditions. On-going assessment of conditions. Plans amended as appropriate. Appropriate warm, waterproof, protective clothing worn or carried – checked before departure. Energy-rich food & fluids carried. Instructor & client awareness & mutual vigilance. Emergency equipment carried (group shelter/tent, individual survival bags, Blizzard bag/sleeping bag, as appropriate). On-going review of weather conditions & objectives – revised as appropriate. 	Low
	Eye damage Sunburn Hyperthermia	I C	Possible Very Serious	<ul style="list-style-type: none"> Sunglasses & sun hat advised for bright days. Sunscreen advised for face, lips & exposed skin. Clients reminded of need for adequate fluid intake & given opportunity for drinks breaks. 	Low
WATER HAZARDS Burns in spate, Rivers, Marshy ground.	Lengthy detours leading to risk of exhaustion & hypothermia; Immersion hypothermia; Drowning; Physical trauma.	I C	Possible Fatal	<ul style="list-style-type: none"> Up to date mountain weather forecasts obtained & assessed prior to activity. Consideration of river levels in light of past, present & forecast rainfall – plans & route modified accordingly. Care taken if/when crossing watercourses. Appropriate warm, waterproof, protective clothing worn – checked before departure. Energy-rich food & fluids carried. Emergency equipment carried (group shelter/tent, survival bag, Blizzard bag/sleeping bag, as appropriate). 	Medium

TERRAIN Steep, broken terrain; Slippery rock; Old/new snow on grass; Muddy, icy or loose paths;	Slips, trips and falls	I C	Likely Very Serious	<ul style="list-style-type: none"> • Appropriate footwear worn – checked before departure. • On-going monitoring & coaching of client's technique & safety. • Appropriate route choice to minimise consequences of hazard. • High risk areas highlighted to clients & managed effectively. • Rope available/used as appropriate to safeguard clients on difficult terrain. 	Medium
DARKNESS	Benightment (Early & Late in season)	I C	Possible Serious	<ul style="list-style-type: none"> • Realistic plan for the day with short-cut options. • Late-back procedure in force. • Clients have suitable torches and spare batteries. • Emergency equipment carried (group shelter, survival bag, Blizzard bag, as appropriate) or full camping equipment if tent-based expedition. 	Low
CLIENT ILLNESS	Medical conditions unknown to Instructors, resulting in illness, delay or benightment.	I C	Possible Very Serious	<ul style="list-style-type: none"> • KMA Participation Form completed by all clients. • Verbal check that any conditions disclosed before activity. • Clients carry own medication. 	Low
INSTRUCTOR INJURY OR ILLNESS	Unforeseen accident, injury or illness to Instructor in charge of party, resulting in their inability to proceed or lead party.	I C	Possible Serious	<ul style="list-style-type: none"> • Client(s) issued with written aide memoire detailing what to do in this eventuality – discussed with Client(s) before start of activity. • Emergency Services and KMA Leaders Emergency Contact Phone Numbers listed within aide memoire. • Clients kept aware of location throughout day and possible escape routes discussed as part of the learning process. 	Low
WILDLIFE	Tick Bites Midge Bites	I C	Possible Serious	<ul style="list-style-type: none"> • Clients made aware of hazard. • Appropriate clothing worn in likely Tick areas. • Tick removal forceps/cards carried by Instructor. • Explanation letter available to Tick bitten clients. • Insect repellent advised & available if needed. 	Medium
OTHER HILL USERS	Falling debris: Rocks & stones dislodged by others	I C P	Possible Fatal	<ul style="list-style-type: none"> • Operations of other users on site should be identified & assessed. • On-going awareness of others' positions relative to KMA party. • Plans/location modified to reduce possible risk. 	Medium
UNFAMILIAR SURROUNDINGS	Trips, slips, falls, getting lost; especially in darkness	I C	Very Likely Serious	<ul style="list-style-type: none"> • On arrival at campsite or bothy, instructor to familiarise themselves & clients with the site/bothy, any specific hazards & appropriate emergency/fire procedures. 	Low
UNCLEAN WATER	Stomach upsets; food poisoning;	I C P	Possible Serious	<ul style="list-style-type: none"> • Clients to be made aware of relevant essential hygiene rules – where to obtain safe drinking/cooking water, any treatment required, location & procedure for toileting (bothy spade), cleaning of cooking utensils, etc. 	Low
COOKING STOVES	Fire; Burns & Scalds.	I C P	Possible Fatal	<ul style="list-style-type: none"> • Clients to be fully trained in use of their specific stoves before use (if unfamiliar or using borrowed equipment). • Clients to be made fully aware of the risks involved in the use of stoves in and near tents. • Instructors are fully qualified in first aid and have appropriate first aid kit available. 	Low
REMOTENESS	Limited communication due to remote location	I C	Very likely Serious in event of injury/illness	<ul style="list-style-type: none"> • Clear route plan to be left at base or with another responsible person. • Instructor (& clients) will have mobile phones (NB network coverage patchy at best in some areas). • Instructor fully qualified in outdoor first aid & carrying appropriate first aid kit. 	Medium

Risk Assessment Produced	06.02.2013	By: M Godfrey
Last Reviewed & Updated As Necessary	01.11.2018	By: M Godfrey
Next Review Date	01.11.2019	By: M Godfrey

Kintail Mountain Activities