

# Kintail Mountain Activities



Forcan  
Inverinate  
Kyle  
Ross-shire  
IV40 8HB

## Qualified Climbing, Hill Walking & Mountaineering Instruction

### Risk Assessment for: Summer Hill Walking

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

<b>TERRAIN</b> Steep, broken terrain; Slippery rock; Old/new snow on grass; Muddy, icy or loose paths;	<b>Slips, trips and falls</b>	<b>I C</b>	Likely Very Serious	<ul style="list-style-type: none"> <li>• Appropriate footwear worn – checked before departure.</li> <li>• On-going monitoring &amp; coaching of client's technique &amp; safety.</li> <li>• Appropriate route choice to minimise consequences of hazard.</li> <li>• High risk areas highlighted to clients &amp; managed effectively.</li> <li>• Use of helmets for novice clients on difficult terrain.</li> <li>• Rope, harnesses available/used as appropriate to safeguard clients on difficult terrain.</li> </ul>	Medium
<b>DARKNESS</b>	<b>Benightment (Early &amp; Late in season)</b>	<b>I C</b>	Possible Serious	<ul style="list-style-type: none"> <li>• Realistic plan for the day with short-cut options.</li> <li>• Late-back procedure in force.</li> <li>• Clients have suitable torches and spare batteries.</li> <li>• Emergency equipment carried (group shelter, survival bag, Blizzard bag, as appropriate).</li> </ul>	Low
<b>CLIENT ILLNESS</b>	<b>Medical conditions unknown to Instructors, resulting in illness, delay or benightment.</b>	<b>I C</b>	Possible Very Serious	<ul style="list-style-type: none"> <li>• KMA Participation Form completed by all clients.</li> <li>• Verbal check that any conditions disclosed before activity.</li> <li>• Clients carry own medication.</li> </ul>	Low
<b>INSTRUCTOR INJURY OR ILLNESS</b>	<b>Unforeseen accident, injury or illness to Instructor in charge of party, resulting in their inability to proceed or lead party.</b>	<b>I C</b>	Possible Serious	<ul style="list-style-type: none"> <li>• Client(s) issued with written aide memoire detailing what to do in this eventuality – discussed with Client(s) before start of activity.</li> <li>• Emergency Services and KMA Leaders Emergency Contact Phone Numbers listed within aide memoire.</li> <li>• Clients kept aware of location throughout day and possible escape routes discussed as part of the learning process.</li> </ul>	Low
<b>WILDLIFE</b>	<b>Tick Bites Midge Bites</b>	<b>I C</b>	Possible Serious	<ul style="list-style-type: none"> <li>• Clients made aware of hazard.</li> <li>• Appropriate clothing worn in likely Tick areas.</li> <li>• Tick removal forceps/cards carried by Instructor.</li> <li>• Explanation letter available to Tick bitten clients.</li> <li>• Insect repellent advised &amp; available if needed.</li> </ul>	Medium
<b>OTHER HILL USERS</b>	<b>Falling debris: Rocks &amp; stones dislodged by others</b>	<b>I C P</b>	Possible Fatal	<ul style="list-style-type: none"> <li>• Operations of other users on site should be identified &amp; assessed.</li> <li>• On-going awareness of others' positions relative to KMA party.</li> <li>• Plans/location modified to reduce possible risk.</li> </ul>	Medium
<b>Risk Assessment Produced</b>		06.02.2013		By: M Godfrey	
<b>Last Reviewed &amp; Updated As Necessary</b>		01.11.2018		By: M Godfrey	
<b>Next Review Date</b>		01.11.2019		By: M Godfrey	