



Adamson Adventures

David@adamsonadventures.co.uk • 01372 386676 • www.adamsonadventures.co.uk

Adamson Adventures ACTIVITY RISK ASSESSMENT FORM

1. Briefly outline the intended activity: Winter Hill walking	2. Date and time of intended activity: Various	3. Location of the intended activity: Non-technical, winter conditions, UK & Ireland
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4. List all the hazards in order of significance.	5. List the groups of people who might be harmed.	6. List the intended control measures with reference to the corresponding hazard.	7. List any intended first aid provisions, fire precautions or other backup arrangements.
All hazards listed in Summer hill walking assessment		As in summer assessment	
Hypothermia/bad weather	Participants	Check weather forecast (if available) Observe weather Have exit routes Adequate personal kit and spare personal kit (checked before starting) Group shelter, other emergency equipment	First Aid kit. First Aider Know how to call mountain rescue Know location of nearest A&E department Mobile phone Satphone is available if required
Exhaustion	Participants	Ensure activities are within limits of participants	
Hunger	Participants	Ensure participants take sufficient food both for planned outing and for emergency	
Avalanche	Participants	Check avalanche forecast (if available) Check weather forecast (if available) Observe weather Careful route choice Carry at least 2 snow shovels in group	Avalanche transceivers are available and can be used
Benightment	Participants	Plan routes with plenty of margin Carry at least 2 snow shovels in group Group shelter, other emergency equipment	
Slipping & sliding	Participants	Crampons – must be properly fitted Boots – must be suitable for crampons Iceaxe Helmets to be carried, used when necessary	

8. Organiser.	Name [block capitals]:	Position:	Signature:	Last Review Date:
	D B ADAMSON	Instructor	<i>David Adamson</i>	10 November 2009

* A formal Home Contact is usually only used for trips involving an overnight stay. In other circumstances, a list of participants with contact details should be left with a suitable adult who will operate a "Late Back" procedure.

** This refers to rules of the organisation contracting the activity. These could be Local Authority rules, Scouting POR, Guiding Rules etc..