# Risk Assessment – Explorer Trek, Hike & Overnight

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| **Hazard Identified & Risks from It?** | **Who is at Risk?** | **How are the risks controlled?** | **What has changed that needs to be thought about and controlled?** |
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| Young people get lost, risk to wellbeing. | Young People | * All groups of young people to have a map, compass and a list of emergency contact phone numbers.
* Staff to instruct young people to stay together in their groups, nobody to be left alone.
* Staff to check that each group has at least one mobile phone with charged battery.
* Staff to check that the group has correctly identified the location of their next base before they set off.
* Staff to take a headcount when young people arrive at each activity base, Gilberts Bridge site, and on return to the main camp.
 | Due to COVID-19 restrictions on Scouting during the pandemic, young people’s navigation skills may not be to the standard normally expected of 16-17 year-old Explorer Scouts. They may require more guidance from staff than usual. |
| Contact with vehicles, risk of injury. | Young People | * Route planned so that young people are not walking along any main roads.
* Young people to be reminded of the potential dangers of walking on country tracks.
* Young people reminded of how to walk on country roads, e.g. stay to the right and move into the verge to allow vehicles to pass.
* Route planned so that vehicles travelling to the overnight Trek site take a different road to the walking young people.
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| Slips, trips and falls, risk of injury. | Young People | * Staff must check that young people are wearing suitable footwear for the activity, e.g. boots or strong trainers, no flip-flops.
* Route planned to follow well used footpaths and tracks, no off-path walking required.
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| Incident while young people are unsupervised, risk of injury and risk to wellbeing. | Young People | * Each group will have contact phone numbers for staff on the activity.
* Young people instructed that in the even of an incident where there is no phone signal, a small group should set off walking towards the main campsite until they establish mobile phone connection.
* Young people instructed that in the event of a serious incident they should call 999 first then inform activity staff.
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| Dehydration and Heat Exhaustion | Young People | * Staff to check that young people bring a full water bottle with them to the activity.
* Staff to monitor young people throughout the activity and advise anyone who is overheating to rest in the shade and drink water.
* Young people to have the opportunity to re-fill water bottles at each activity base.
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| Sunburn | Young People | * If weather is sunny, or forecast to be sunny, staff to check that young people are wearing sun cream.
* Staff must check that young people have sun cream with them in case weather forecast is wrong.
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| Cold and Hypothermia | Young People | * Staff to check that young people have brought a waterproof jacket to the activity.
* Staff to check the young people are suitably clothed for the weather conditions, e.g. have jumpers / jackets with them.
* Shelter to be available at the activity location, e.g. event shelter.
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| Allergic reaction to food. | Young People | * Staff to check if any young people have food allergies before starting the activity.
* Any foods which could cause an allergic reaction to be segregated along with any utensils used.
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| Food poisoning. | Young People & Staff | * Staff must ensure that perishable food is stored in cool boxes.
* Staff must ensure that everyone follows best practice for food hygiene, including hand washing and keeping food preparation areas clean.
* Staff to check that food is cooked properly before it is consumed.
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| Insect bites, risk of injury | Young People & Staff | * Everyone must be instructed to bring insect repellent on the Trek.
* Everyone advised to wear long trousers and long sleeved tops to reduce the risk of bites.
* Everyone advised to check for tick bites and if discovered seek immediate assistance from a member of staff to have them removed.
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| Illness due to poor hygiene when using portable toilet. | Young People & Staff | * Staff to brief young people on use of portable toilet at overnight Trek Site.
* Staff to remind young people of the importance of hand washing after using portable toilet.
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| Entering / falling into River Tilt, risk of drowning. | Young People | * Staff must instruct young people that they must not enter the river.
* Staff must instruct young people to stay well back from the river bank.
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| Safe guarding overnight, risk to wellbeing. | Young People | * Separate sleeping tents provide for staff and young people.
* Optional sleeping tents provided for same sex sleeping areas.
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