

Company: Thistle Trekking LTD	Description of Work Activity or Area of the Workplace Assessed: The Cape Wrath Trail					Compiled by: Scarlet Trevett
	<b>The Cape Wrath Trail Risk Assessment</b>					Date completed: November 2011
Location: UK		All RA's should be reviewed if changes are made to the trip, e.g. the group, transport, ratios etc.			Updated/Reviewed 23.1.19	
STEP 1	STEP 2	STEP 3		STEP 4		STEP 5
List potential Hazards:	List of people who are at risk from the hazards. Including those most vulnerable:	List of existing measures to manage the hazard or note where information may be found:		Calculation of the residual risk taking the presence and effectiveness of existing measures into account: Severity x Likelihood = Risk Rating		List further control measures necessary to reduce risk to an acceptable level <i>and</i> date of their proposed introduction:
Slipping/ Tripping	All	<ul style="list-style-type: none"> <li>Suitable footwear must be worn where possible.</li> <li>Hazards must be clearly explained to the group.</li> </ul>		1	2	2
Falling	All	<ul style="list-style-type: none"> <li>Provide appropriate supervision where such hazards exist.</li> </ul>		3	1	3

Note – Risk Ratings of 4 or more are significant and require further action to control risk

**Severity:** **1=Slight** (all injuries not defined as major or serious); **2=Serious** (injuries that are not major but are likely to prevent someone working normally for more than 3 days); **3=Major** (death or major injury e.g. fracture of a bone, amputation, serious damage to an eye etc)

**Likelihood:** **1=Low** (unlikely to happen); **2=Medium** (could well happen); **3=High** (certain or near certain to happen)

Blisters	All	<ul style="list-style-type: none"> <li>• Wear suitable footwear where possible.</li> <li>• Provide advice regarding socks.</li> <li>• Provide advice regarding lacing footwear up properly.</li> </ul>	1	2	2	
Lyme disease From Tick bites	All	<ul style="list-style-type: none"> <li>• When in an area with ticks advise all group members to wear long trousers and or put on an insect repellent.</li> <li>• Provide advice on how to remove them.</li> <li>• Tell participants what the signs and symptoms of Lyme disease are and emphasise that they should to go to the doctor if they appear.</li> </ul>	3	1	3	
Reaction to midge bites	All	<ul style="list-style-type: none"> <li>• Advise everyone to take along an appropriate insect repellent.</li> <li>• Advise everyone to take along a head net when appropriate.</li> </ul>	2	1	2	
Sickness from drinking polluted water	All	<ul style="list-style-type: none"> <li>• Advise everyone not to drink from any rivers or streams while walking unless necessary.</li> <li>• If it is necessary to drink from streams or rivers advise all participants to treat the water</li> </ul>	3	1	3	

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		using a tested commercially available method.				
Sickness from eating wild vegetation.	All	<ul style="list-style-type: none"> <li>Advise everyone not to eat wild berries, mushrooms, flowers or any other wild vegetation.</li> </ul>	3	1	3	
Exhaustion	All	<ul style="list-style-type: none"> <li>Provide opportunities for the participants to eat drink and rest.</li> <li>Where necessary provide shelter.</li> </ul>	2	1	2	
Hypothermia	All	<ul style="list-style-type: none"> <li>Use appropriate clothing.</li> <li>Encourage adequate intake of food prior to and during the trip.</li> <li>All tents used need to be waterproof.</li> <li>While camping all members of the group need to use suitable sleeping bags.</li> <li>Leader should advise group members to remove all wet clothing while camping to keep warm.</li> </ul>	3	1	3	
Sunburn/eye strain	All	<ul style="list-style-type: none"> <li>Use sun hats/baseball caps.</li> <li>Encourage participants to bring and use an appropriate cream/spray.</li> <li>Drink water at regular intervals.</li> <li>Seek shade where required.</li> <li>Use sunglasses as required.</li> </ul>	1	1	1	

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Getting Lost;	Group Members	<ul style="list-style-type: none"> <li>• Brief all participants that they must be able to see the guide at all times. If they cannot see the guide they must stop and wait.</li> <li>• Brief all participants to take their mobile phone should they decide to ignore the above.</li> <li>• Only use remote supervision if it meets all criteria of use in the remote supervision policy.</li> </ul>	3	1	3	
Livestock	All	<ul style="list-style-type: none"> <li>• Advice participants to avoid all livestock.</li> <li>• Find an alternative route for participants with dogs when reasonable.</li> <li>• Advice participants with dogs to release the dog if being chased by livestock.</li> </ul>	3	1	3	
Being hit by a vehicle	All	<ul style="list-style-type: none"> <li>• Advise participants to walk on the right hand side of the road where possible.</li> <li>• Warn participants of upcoming roads.</li> <li>• Advise participants to be aware when in car parks.</li> </ul>	3	1	3	
Collision with cyclists	All	<ul style="list-style-type: none"> <li>• Warn participants of approaching cyclists when visible.</li> </ul>	2	1	2	

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		<ul style="list-style-type: none"> <li>Warn participants of well-known cyclist areas.</li> </ul>				
Alcohol Related Injury	Group Members	<ul style="list-style-type: none"> <li>Advise all participants to limit their alcohol intake during the daytime.</li> </ul>	1	1	1	
Lightning	All	<ul style="list-style-type: none"> <li>A weather forecast should be checked before each day of walking begins to see the risk of lightning.</li> <li>During a high risk of lightening the support vehicle must remain ready for emergency pick up if lightning starts.</li> <li>If lightening begins which has not been forecast or if the support vehicle is unable to reach the participants for an emergency pick up the leader must follow "The Lightening Procedure".</li> </ul>	3	1	3	
Snow	All	<ul style="list-style-type: none"> <li>A weather forecast should be checked before each day of walking begins to see the risk of snow.</li> <li>If heavy snow is forecast or if the path is covered in deep snow an alternative route must be found.</li> </ul>	2	1	2	
High winds	All	<ul style="list-style-type: none"> <li>A weather forecast should be checked before each day of</li> </ul>	1	3	3	

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		<p>walking begins to see the risk of high winds.</p> <ul style="list-style-type: none"> <li>• If high winds are forecast or develop during the walk care should be taken when walking through forest or wooded areas.</li> <li>• Walking should not be attempted during winds of over 60mph.</li> <li>• Care should be taken when choosing a camping spot and the surroundings should be checked for anything which may fall.</li> <li>• All tents need to be securely pegged down.</li> </ul>				
River Crossings/Drowning	All	<ul style="list-style-type: none"> <li>• The guide will continually monitor river levels throughout the duration of the walk.</li> <li>• River crossing should only be attempted if the river level is below the knee height of all members of the group.</li> <li>• The guide must follow the river crossing procedure.</li> </ul>	3	1	3	

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