

# Aberdeenshire Council

## Outdoor Activity Generic Risk Assessments

### 2.1 Mountain Activities: Walking

**Risk to:** Instructors/Group members

Hazard	Risk	Control measures
1. Ground conditions	Slips/Falls Falling objects Avalanche Remoteness Lost group/group members	Leaders will be trained to NGB or Aberdeenshire Council standards in group management and instructional techniques appropriate to the level of the activity. Leaders will choose a suitable venue taking account of the nature of the activity, the ability level of the group, weather conditions and the equipment available. Group members will be briefed on hazards specific to the area being used and are instructed in the skills and techniques needed to avoid them/deal with them. The leader and the group will carry safety equipment appropriate for the specific activity and venue.
2. Weather	Cold and heat injury/trauma Rapid changes Changes to ground conditions	Leaders will obtain information on weather and other relevant factors and make an assessment of conditions prior to any activity taking place. In winter conditions an avalanche forecast will be obtained. Leaders will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity. Leaders will ensure that each member of the group is appropriately clothed, carries sufficient food and that additional food, clothing and equipment is available to suit the expected conditions and nature of the activity. Leaders will be First Aid trained to the level required by the NGB for the activity or Aberdeenshire Council.
3. Equipment	Unsuitability. Failure. Damaged. Wrongly fitted.	All equipment will meet current specifications and/or accepted standards where applicable and is suitable for its intended use. Equipment will be regularly maintained, serviced and where required tested to current specifications. Instructors will visually check equipment at time of issue. If group members are using their own equipment the Instructor will ensure it is suitable for the expected conditions and nature of the activity. Instructors will make a final check of equipment prior to the activity starting, ensuring where necessary, that it is correctly fitted and that all group members are adequately clothed and equipped.
4. Water: i) Swollen streams and rivers ii) Flooding iii) Marshes and bogs iv) Lochs and ponds v) Coastal waters	Drowning Being swept away Hypothermia  N.B Slips and trips which may occur from the simple crossing of inconsequential water courses of no more than ankle depth should be considered within the same context of those as for: 1.Ground conditions	Instructors will plan the journey to avoid water hazards. Instructors will operate within the remit of their training and experience



**Aberdeenshire Council**  
**Outdoor Activity Site/Route Specific Risk Assessments**

**Activity:**

**Risk to:**

Hazard	Risk	Control measures

Continue on separate sheet if required.