

# MOUNTAIN SPECIFIC RISK ASSESSMENT

## GUIDELINES

**Pre Management Risk** = Assessed risk by adding the consequences of the hazard causing harm to the likelihood of occurrence.

**Post Management Risk** = Assessed risk taking into consideration implementation of management measures listed.

	<b>Normal Risk</b> – Acceptable risk requiring general expedition management and leadership. Dynamic Risk Assessment required
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5	<b>Elevated Risk</b> – Manageable risk under normal conditions but may require active management and direct leadership subject to local conditions - Dynamic Risk Assessment required.
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8	<b>High Risk</b> – Unacceptable risk unless in exceptional circumstances where the consequences of doing nothing are greater than the risk of doing something. Will require direct leadership and ongoing dynamic risk assessment
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10	

	6	7	8	9	10
VH (5)					
H (4)	5	6	7	8	9
M (3)	4	5	6	7	8
L (2)	3	4	5	6	7
VL (1)	2	3	4	5	6
	VL (1)	L (2)	M (3)	H (4)	VH (5)
	LIKLIHOOD				

ALTTITUDE	HAZARD	RISK		MANAGEMENT	POST MANAGEMENT RISK	
		CONSEQUENCE	LIKELIHOOD			
	<p>High Altitude</p> <p>-High Altitude: 1500 - 3500 m</p> <p>- Very High Altitude: 3500 - 5500 m</p> <p>- Extreme Altitude: above 5500 m</p>	5	+	3	<p><b>Tom Battye Coaching Ltd</b></p> <ul style="list-style-type: none"> <li>- Takes care to plan all treks at altitude to have sufficient acclimatisation</li> <li>- Teams going to altitude are briefed on the fitness level required and the arduous nature of trekking at altitude</li> <li>- All leaders are given a specific altitude brief as part of the leader briefing</li> <li>- All leaders have attended expedition first aid training within the last 3 years and are familiar with signs, symptoms and treatments of all altitude related illnesses</li> <li>- The medical handbook carried by the expedition leader details signs, symptoms and treatments of all altitude related illnesses</li> </ul> <p><b>Leaders</b></p> <ul style="list-style-type: none"> <li>- Ensure that the itinerary is followed allowing an appropriate length of acclimatisation and add further rest days if needed.</li> <li>- Monitor team for signs and symptoms of any altitude related illnesses, in particular Acute Mountain Sickness</li> <li>- Brief the team on the early signs and symptoms of Acute Mountain Sickness</li> <li>- Ensure that if any symptoms of altitude related illness occur, the casualty is monitored closely and that the team or casualty descend to lower altitude (recommended at least 500m)</li> <li>- After consulting the medical handbook and if time permits, additional medical telephone support, treat any altitude related illness with the relevant medicine carried in the First Aid Kit to treat any AMS symptoms.</li> </ul>	5

WEATHER / CLIMATE	HAZARD	RISK		MANAGEMENT	POST MANAGEMENT RISK
		CONSEQUENCE	LIKELIHOOD		
	Heat, dehydration and Increased UV exposure at altitude			<p><b>Tom Battye Coaching Ltd</b></p> <ul style="list-style-type: none"> <li>- All teams are briefed about the increased risk of UV exposure at altitude and the importance of covering up exposed areas of the skin including the head.</li> <li>- All leaders are briefed specifically on the risk and treatment of sun burn and other heat related illnesses and empowered to cease all activity if heat has a negative effect on the health and safety of the group</li> </ul> <p><b>Leaders</b></p> <ul style="list-style-type: none"> <li>- Brief teams on protecting themselves from the sun and any heat related injuries i.e. wearing hats, covering legs and arms and using sunscreen</li> <li>- Continually monitor the exposure of all team members</li> <li>- Ensure adequate drinking water is available at all times</li> <li>- Take rest stops in shade as and when required</li> <li>- Ensure that team members are protecting themselves from the sun and any heat related illness</li> <li>- Brief team about the signs of heat exhaustion and dehydration and how to prevent them</li> <li>- Cease all activity and shelter if you consider heat to be having a negative effect on the health and safety of the group</li> </ul>	
Cold	5	3	<p><b>Tom Battye Coaching Ltd</b></p> <ul style="list-style-type: none"> <li>- The team's kit list is specifically written with the possible temperature taken into account</li> </ul>	4	

<p>Cold Injuries</p> <p>Hypothermia</p> <p>Wind chill</p>		<ul style="list-style-type: none"> <li>- During the programme all teams have a practical kit brief, highlighting the equipment that is most suitable for the nature of the expedition</li> <li>- All leaders are briefed on cold injuries at the leader briefing</li> </ul> <p><b>Leaders</b></p> <ul style="list-style-type: none"> <li>- Brief the team pre-departure to ensure that all members can be adequately clothed and equipped - this includes a sleeping system for cold conditions</li> <li>- Brief the team on the layering of clothing as a way of keeping warm</li> <li>- Monitor the teams activity to minimise sweating</li> <li>- Brief the team to ensure they have at least one set of dry clothes and to wear adequate layers at night to stay warm</li> <li>- Brief team to protect themselves from the effect of wind-chill on extremities (hats, gloves, buffs etc.)</li> <li>- Be familiar with signs/ symptoms and treatment of cold injuries including exposure and hypothermia</li> </ul>	
<p>Rain</p>	<p>3 + 3</p>	<p><b>Tom Battye Coaching Ltd</b></p> <ul style="list-style-type: none"> <li>- The team's kit list is specifically written with weather taken into account</li> </ul> <p><b>Leaders</b></p> <ul style="list-style-type: none"> <li>- Brief teams to ensure that everyone has a waterproof jacket and trousers where listed</li> <li>- Ensure that team members remove wet layers at the end of the day</li> <li>- Brief the team to ensure they have at least one set of dry clothes and to wear adequate layers at night to stay warm</li> </ul>	<p>3</p>
<p>Snow</p>	<p>3 + 2</p>	<p><b>Tom Battye Coaching Ltd</b></p> <ul style="list-style-type: none"> <li>- If expeditions are taking place in areas of known permanent or seasonal snow, Tom Battye Coaching Ltd will issue specific guidelines to teams</li> </ul> <p><b>Leaders</b></p> <ul style="list-style-type: none"> <li>- Check the weather conditions using all available sources of information</li> <li>- Be aware of any unseasonal weather conditions</li> <li>- Ensure that an evacuation route for team and kit is available in the event of snow</li> <li>- Use local guides to assist but not lead the team</li> </ul>	<p>3</p>

	Lightning	5 + 1	<b>Leaders</b> <ul style="list-style-type: none"> <li>- Ensure that the team is not taken out during a lightning storm</li> <li>- Brief the team on safety procedures in the case of the team being caught out in a lightning storm</li> </ul>	3
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TREKKING AT ALTITUDE	HAZARD	RISK		MANAGEMENT	POST MANAGEMENT RISK
		CONSEQUENCE	LIKELIHOOD		
	Slips, trips, falls and steep ground	4	3	<b>Leaders</b> <ul style="list-style-type: none"> <li>- Brief team in correct foot placement/ technique in rough and difficult terrain</li> <li>- Brief team on packing a rucksack of appropriate weight and distribution</li> <li>- Brief team in the risks whilst walking on steep ground and advise that extra caution is needed when descending</li> <li>- Be aware of a variety of methods for ensuring the safety of all team members whilst ascending or descending on steep ground, including the use of a rope</li> <li>- Brief teams on the dangers of steep ground around the campsite or accommodation</li> <li>- Ensure that safe routes to toilets etc. are clearly marked</li> <li>- Brief the team on the necessity of using a headtorch at all times between dusk and dawn</li> <li>- Ensure that the team remain in groups if they move from the central campsite or accommodation area</li> </ul>	4
	Rock fall and land slides	5	1	<b>Leaders</b> <ul style="list-style-type: none"> <li>- Use local knowledge to avoid trekking in areas that are prone to major rock falls or land slippage</li> </ul>	4

			<ul style="list-style-type: none"> <li>- In areas that look unstable or of concern make a plan to minimise risk of injury to team</li> <li>- Brief team on action to take if accidentally kicking a loose rock (i.e. shout 'below') and action to take if you hear this call</li> </ul>	
	Planned snow on trekking route	5 + 2	<p><b>Tom Battye Coaching Ltd</b></p> <ul style="list-style-type: none"> <li>- If expeditions are taking place in areas of known permanent or seasonal snow, Tom Battye Coaching Ltd will issue specific guidelines to teams, this may involve training, during acclimatisation, in the use of crampons and ice axes</li> </ul> <p><b>Leaders</b></p> <ul style="list-style-type: none"> <li>- Check the weather conditions prior to commencing the trek using all available sources of information</li> <li>- Ensure that all team members have suitable equipment for walking on snow</li> <li>- Brief the team on foot placement in snowy conditions and that extra care is needed when descending</li> <li>- Ensure that a 'plan B' is available in case of heavy snowfall</li> </ul>	4
	Unplanned snow on trekking route	5 + 3	<p><b>Leaders</b></p> <ul style="list-style-type: none"> <li>- Be aware of any unseasonal weather conditions and react accordingly, (informing Tom Battye of any changes to the itinerary)</li> <li>- Use all available safety equipment to escape or back-track if necessary</li> <li>- Consider carrying out a route recce prior to team moving.</li> <li>- Use experienced guides to assist but not lead the team</li> <li>- If mules / donkeys are being used to support trek, consider sending them ahead to establish a safe route</li> </ul>	5
	Trekking / Climbing at night		<p><b>Tom Battye Coaching Ltd</b></p> <ul style="list-style-type: none"> <li>- 'Standard' treks are planned to be carried out during the daylight and include options for escape routes</li> </ul> <p><b>Leaders</b></p> <ul style="list-style-type: none"> <li>- No unplanned trekking in the dark should be undertaken except under exceptional circumstances or where the health and safety of the group is at risk</li> <li>- If trekking at night is required ensure that all team members are equipped with head torches</li> <li>- Brief the team of the added risks associated with walking on mountainous terrain in the dark</li> </ul>	

			<ul style="list-style-type: none"> <li>- Ensure that a suitable buddy system is employed to ensure that nobody is separated from the group</li> <li>- Ensure that the team stick to well marked paths</li> <li>- Have regular rest stops, ensuring that a head count is carried out before restarting</li> </ul>	
River crossings	5 + 3		<p><b>Tom Battye Coaching Ltd</b></p> <ul style="list-style-type: none"> <li>- Brief the leader if there is any possibility of a river crossing whilst on their expedition</li> <li>- Ensure leaders are familiar with various recognised methods of river crossings</li> </ul> <p><b>Leaders</b></p> <ul style="list-style-type: none"> <li>- Avoid conducting river crossings when a river is in flood, fast flowing or over thigh depth</li> <li>- Seek any other possible routes to take before attempting to cross the river</li> <li>- Be aware of the dangers of crossing a river and take precautions to avoid these i.e. load, flow and river bed</li> <li>- Brief team on the dangers of river crossings</li> <li>- Brief and practice with all participants the specified river crossing method to be used</li> <li>- Ensure that correct procedures, in line with current and best practice, are carried out before the team attempt to cross i.e. adjust clothing, waterproof rucksacks, unbuckle chest and waist straps, loosen shoulder straps etc.</li> <li>- Ensure that all team members are wearing adequate footwear before attempting the river crossing</li> <li>- Control all stages of the crossing and be in a position of maximum usefulness to react to any situation</li> <li>- Position remaining team members appropriate to the situation when another team member is crossing</li> <li>- Deploy the throw line downstream in a position of maximum usefulness</li> <li>- Ensure that a team member does not cross a river without first being assessed by the leader</li> </ul>	5
Slips, trips and falls from a bridge whilst crossing	5 + 3		<p><b>Leaders</b></p> <ul style="list-style-type: none"> <li>- Make a reasonable assessment of the structural suitability of bridge before attempting to cross it</li> <li>- Brief the team on the dangers of crossing a particular bridge</li> <li>- Be in a position of maximum usefulness supervising the crossing of all</li> </ul>	4

	river		<p>team members</p> <ul style="list-style-type: none"><li>- Take action as necessary to safeguard all team members whilst crossing a bridge</li><li>- Brief team on how many team members can be on the bridge at any one time</li></ul>	
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