

Risk Assessment – Explorer Trek, Hike & Overnight

Last reviewed by Craig Peters on 09/06/2024

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?
Young people get lost, risk to wellbeing.	Young People	<ul style="list-style-type: none"> • 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. 	
Contact with vehicles, risk of injury.	Young People	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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. 	
Incident while young people are unsupervised, risk of injury and risk to wellbeing.	Young People	<ul style="list-style-type: none"> • Each group will have contact phone numbers for staff on the activity. • Young people instructed that in the event 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. 	
Dehydration and Heat Exhaustion	Young People	<ul style="list-style-type: none"> • 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. 	
Sunburn	Young People	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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. 	
Allergic reaction to food.	Young People	<ul style="list-style-type: none"> • 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. 	
Food poisoning.	Young People & Staff	<ul style="list-style-type: none"> • 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. 	
Insect bites, risk of injury	Young People & Staff	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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. 	
Entering / falling into River Tilt, risk of drowning.	Young People	<ul style="list-style-type: none"> • 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. 	
Safe guarding overnight, risk to wellbeing.	Young People	<ul style="list-style-type: none"> • Subcamps to be reminded that only young people aged 16 and over can attend the Explorer Trek activity. • Subcamps to be instructed to inform Explorer Trek staff of any participant who is planning to attend the Trek who may have difficulty understanding safeguarding rules. Additional control measures will be agreed for these specific participants. • Separate sleeping tents provided for staff and young people. • Optional smaller sleeping tents provided for same sex sleeping areas. 	