

## Risk Assessment for Group Hike with Children

### Hike Details:

- **Date:** 25<sup>th</sup> July
- **Duration:** 3/4 hours
- **Route:** Woodland, fields, and hills (under 500m)
- **Difficulty:** Moderate
- **Participants:** Children (aged 5-14) and adults
- **Location:** (please specify the exact location)
- **Leader-to-Participant Ratio:** TBD
- **Advised Participants:** Competent hikers, no known medical conditions

## Identified Risks and Mitigation Measures

### 1. Terrain-Related Risks:

- **Slips, Trips, and Falls:**
  - **Likelihood:** Medium
  - **Impact:** High
  - **Mitigation:**
    - Ensure all participants wear appropriate footwear with good grip.
    - Keep to designated paths.
    - Provide guidance on safe walking techniques.
    - Have a first aid kit and a trained first aider present.
- **Uneven or Steep Ground:**
  - **Likelihood:** Medium
  - **Impact:** Medium
  - **Mitigation:**
    - Pre-walk the route to identify challenging sections.
    - Assist children and less able participants in difficult areas.
    - Use walking poles if necessary.

### 2. Environmental Risks:

- **Weather Conditions (Rain, Wind, Heat):**
  - **Likelihood:** Variable
  - **Impact:** High
  - **Mitigation:**
    - Check weather forecasts beforehand.
    - Ensure participants bring suitable clothing (layers, waterproofs, hats, sunscreen).
    - Have contingency plans for severe weather (shorten the hike or seek shelter).
- **Exposure to Wildlife (Insects, Plants, Animals):**
  - **Likelihood:** Medium
  - **Impact:** Low to Medium
  - **Mitigation:**
    - Educate participants on local wildlife.
    - Carry insect repellent and antihistamines.
    - Avoid known hazardous areas (e.g., wasp nests, poisonous plants).

### 3. Health and Safety Risks:

- **Dehydration or Hunger:**
  - **Likelihood:** Medium
  - **Impact:** Medium
  - **Mitigation:**
    - Ensure everyone carries enough water and snacks.
    - Schedule regular breaks for hydration and rest.
- **Medical Emergencies:**
  - **Likelihood:** Low
  - **Impact:** High
  - **Mitigation:**
    - Collect emergency contacts for all participants.
    - Have a first aid kit and trained first aider on the hike.
    - Know the location of the nearest medical facilities.

### 4. Logistical Risks:

- **Navigation Errors:**
  - **Likelihood:** Low
  - **Impact:** High
  - **Mitigation:**
    - Use maps, GPS, and compasses.
    - Have a designated navigator.
    - Stay together as a group and perform regular headcounts.
- **Group Management:**
  - **Likelihood:** Medium
  - **Impact:** Medium
  - **Mitigation:**
    - Ensure an appropriate leader-to-child ratio.
    - Use a buddy system.
    - Set clear rules and boundaries.
    - Have a plan in place for managing behavioral issues.

## Emergency Procedures

### 1. Emergency Communication:

- Ensure mobile phones are fully charged and have a list of emergency contacts.
- Know the location of the nearest emergency services and how to contact them.

### 2. Lost Child Protocol:

- Stop immediately and search the immediate area.
- Use a whistle or agreed signal to alert the child.
- If the child is not found quickly, escalate to local authorities.

### 3. First Aid Response:

- Administer first aid as needed.
- If the injury is serious, contact emergency services immediately.
- Keep the injured person calm and comfortable until help arrives.

## **Additional Information and Recommendations**

- **Exact Location/Route Details:** Provide specific details to identify any unique risks.
- **Number of Participants:** Determine the number to ensure proper leader-to-participant ratio.
- **Leader-to-Participant Ratio:** Aim for at least 1 adult for every 5 children.
- **Pre-Hike Briefing:** Conduct a briefing session to inform participants about the route, safety measures, and emergency procedures.
- **Parental/Guardian Consent:** Obtain consent forms from parents or guardians, including emergency contact information.
- **Buddy System:** Pair older children with younger ones to promote safety and responsibility.

This risk assessment should be reviewed and adjusted as necessary on the day of the hike based on the actual conditions and final participant details.