Lindley Educational Trust Hollowford Centre	**Risk Assessment** **Hill Walking** **Inc. night hike, unaccompanied, gorge & winter mountaineering**	Current as of January 2026 By Paul Booker Review date by 31 January 2027

Benefit Statement	There is a great sense of achievement in climbing to the top of a summit. Hill walking gets people off tarmac and gives them an opportunity to explore wild and natural landscapes. Walking is an easily accessible and healthy leisure time activity.

HAZARD	RISK	CONTROL MEASURE	FURTHER ACTION REQURED	RESPONSIBILITY / DUE & COMPLETED DATES
General	Various injuries	Code of Practice applies Suitably qualified & experienced instructor (includes First Aid) Clear briefings & supervision All accidents, near misses and incidents are recorded and appropriate action undertaken as required. Safety reviewed in staff meetings. Seek & share information with similar providers	No further action at this stage	
Minibus Travel	Various injuries	Separate Risk Assessment	No further action at this stage	
For every session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session				
Extreme Weather	Sunburn Hypothermia Hyperthermia	Instructor to check weather forecast prior to activity & observe conditions throughout. If necessary, change plans, amend route & move to safety. Ensure participants have suitable & adequate clothing plus access to warm (or cold) drinks Remind visiting staff & young people about sun protection.	No further action at this stage	
Slips & Trips	Various injuries	Clear briefings & supervision Participants appropriately kitted out with suitable footwear	No further action at this stage	
Participants	Various	Participants asked to share relevant previous & existing medical issues. Visiting group leaders asked any other (eg behavioural) issues Staff ratios (group size) amended as required		

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HAZARD	RISK	CONTROL MEASURE	FURTHER ACTION REQURED	RESPONSIBILITY / DUE & COMPLETED DATES
Night Hike	Various injuries	Clear briefings & supervision Suitable level of lighting appropriate to terrain, conditions, group etc	No further action at this stage	
Unaccompanied (remotely supervised**)**	Various injuries	Clear briefings & supervision – appropriate route choice / navigation & emergency procedure training & assessment. Group carry first aid kit & other safety equipment inc mobile phones preferably more than one network & relevant nos. – numbers swapped (instructor has group, group have centre & instructor mobile) Instructor monitors group & progress with agreed meeting points	No further action at this stage	
River Studies	Various Injuries Rapid flowing water due to heavy rain Banks crumbling Falling into deep cold water	Clear briefings – especially when undertaking study tasks Set boundaries and good supervision Dynamic site risk assessment, avoid bends with strainers, work in areas where water flow is less (flatter sections) Ongoing dynamic risk assessment, good briefing and identify areas to avoid. Avoid undertaking study tasks near deep pools. Brief young people not to splash / paddle etc. on cold days	No Further Action required	
Gorge (stream walk)	Various injuries	Helmets to be warn Qualified & experienced instructor – use of spotting or safety rope as appropriate. Should be familiar with venue. Additional & spare clothing + warm drinks available (usually minibus)	No further action at this stage	
Winter Mountaineering	Various injuries	Qualified & experienced instructor Familiarity and use of equipment to include correct fitting and use of crampons & use of ice axe. Instructors to satisfy themselves participants are suitably equipped & prepared before heading to more challenging areas Helmets to be worn on steep ground Continuous monitoring of group & conditions	No further action at this stage	