

Pentland Hill Walks

No	Hazard	Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Supervision	Participants	Medium	Hill Walks to be led by suitably qualified/experienced instructors. (BELA, WGL or above +induction or site-specific training and assessment) Maximum instructor ratio of 1 to 12.	Low
2	Getting lost/Overdue for return time.	Participants & Instructor	Medium	Instructor to fill in off-site register with, group size, departure and return times and route. Instructor to carry map and compass and be competent in their use. Instructor to carry mobile phone on all walks.	Low
3	Falling/Injuries	Participants	Medium	Ensure appropriate footwear is worn. Brief participants on dangers of uneven terrain, running/falling and any hazards on route. Instructor to carry first aid kit and have appropriate first aid training.	Low
4	Fatigue	Participants	Medium	Appropriate walk matched with participant's age/ability. Instructor to monitor group and shorten route if necessary	Low
5	Adverse Weather	Participants & Instructor	Medium	Weather forecast to be checked before leaving. Activities manager to approve all walks on the day.	Low
6	Traffic	Participants	Medium	Instructor to be vigilant and supervise participants crossing road to Country Park path	Low
7	Hypo/Hyperthermia and exposure	Participants	Medium	Instructors to ensure participants have appropriate clothing for the prevailing conditions and to monitor participants during the walk. Instructors to carry group shelter sufficient for the entire group. Instructor to ensure all participants have sufficient water/snacks. Instructor to carry spare water and high energy snacks.	Low
8	Medical conditions that could affect the activity	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries which may affect their participation. Any emergency medication (inhalers, epi pens etc) must be taken on walk.	Low
9	Slippery/uneven surfaces and trip hazards	Instructors & participants	Medium	Instructors to make participants aware of conditions underfoot.	Low
Assessor		Date	Review Date		
Sean Crossan		13/02/25	13/02/26		