



**Mountaineering  
Scotland**

Mountaineering Scotland  
Risk Assessment  
Summer Hill Walking Activities for Clubs

<b>HAZARD</b>	<b>RISK</b>	<b>AT RISK</b> <i>Club member (CM) Public (P)</i>	<b>PROBABILITY</b> <i>Low (L) Appreciable (A) High (H)</i>	<b>LEVEL</b> <i>Minor (M) Serious (S) Fatal (F)</i>	<b>MANAGEMENT</b>	<b>OK/AMEND</b>
<i>Lack of communication</i>	<i>Delay in response to an emergency</i>	<i>CM P</i>	<i>L</i>	<i>MSF</i>	<i>Ensure that all club members carry a mobile phone and have pre-registered their phone with the emergency SMS texting service. When planning club trips in remote areas where mobile reception is poor/non-existent ensure group carries a Personal Locator Beacon or SPOT device.</i>	
<i>Over reliance of modern technology for navigation purposes</i>	<i>Malfunction in modern technology</i>	<i>CM</i>	<i>H</i>	<i>MSF</i>	<i>Ensure that all club members understand that GPS/Phones/altimeters are useful tools for navigation; but should always be underpinned with traditional map &amp; compass skills.</i>	



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<p><i>Weather</i></p>	<p><i>Risk of Hypothermia, particularly if delayed/lost due to poor weather and/or cloud (inc. high winds). Heat exhaustion; sunstroke; sunburn in warm conditions. Injury due to lightning strike. Injury due to slips/falls occasioned by wet rocks/grass.</i></p>	<p><i>CM</i></p>	<p><i>L</i>    <i>L</i>  <i>L</i> <i>L</i></p>	<p><i>MSF</i>    <i>MSF</i> <i>MSF</i></p>	<p><i>Specialist mountain weather forecasts consulted where available. Local weather reports obtained where available. PPE appropriate to weather conditions carried by club members. Emergency equipment such as first aid kit, bivi bag, group shelter &amp; duvet jackets carried within the group.</i></p>	
<p><i>Steep, broken terrain, slippery rock or grass, muddy or loose paths</i></p>	<p><i>Possibility of injury due to slips, stumbles or falls in ascent/descent. Risk of injury due to stone fall, either natural or caused by club members or other walkers/cyclists.</i></p>	<p><i>CM</i>  <i>P</i></p>	<p><i>A</i> <i>L</i> <i>L</i></p>	<p><i>MSF</i> <i>MSF</i> <i>MSF</i></p>	<p><i>Ensure that route chosen is appropriate to member's abilities, equipment and prevailing conditions. The element of risk should be understood and accepted by all.</i></p>	
<p><i>Water hazards such as burns, rivers, snow bridges and marshy ground</i></p>	<p><i>Burns/rivers in spate may occasion lengthy detours leading to risk of exhaustion and hypothermia in club members. Possibility of slipping or falling into water resulting in immersion hypothermia. Risk of drowning. Risk of physical trauma.</i></p>	<p><i>CM</i> <i>P</i></p>	<p><i>L</i>    <i>L</i>  <i>L</i> <i>L</i></p>	<p><i>MSF</i>    <i>MSF</i>  <i>MSF</i> <i>MSF</i></p>	<p><i>Specialist mountain weather forecasts consulted where available. Local weather reports obtained where available. Club members should take into account implications of burns/rivers in spate during route planning and take appropriate avoiding action.</i></p>	



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<p><i>Lyme's Disease</i></p>	<p><i>Risk of contracting Lyme's Disease from a tick bite.</i></p>	<p><i>CM P</i></p>	<p><i>A</i></p>	<p><i>MSF</i></p>	<p><i>Ensure that all club members are aware of the signs &amp; symptoms of Lyme's Disease. Advise on suitable clothing in tick habitat. Advise on checking for ticks &amp; appropriate removal techniques if one found. Carry a 'tick removing hook' in first aid kits.</i></p>	
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