

University of Southampton Health & Safety Risk Assessment

Version: 2.3/2017

Risk Assessment

Risk Assessment for the activity of	Southampton Wilderness and expedition medicine society Camping and Hiking trip to South Downs 5-7 June 2026		Date	05/05/2026
Group name	SUSU Southampton Wilderness and Expedition Medicine Society	Assessor	<i>Ella Talks</i>	
Supervisor	<i>Hannah Batt-Rawden</i>	Signed off <i>H.BATT-RAWDEN</i>	SUSU Activities Team	

- **Where are you going?**
- **Where are you staying?**
- **How many people are going on the trip?**

Location:

Swanage, Dorset

Accommodation:

Campsite: Stud Farm Campsite, Telscombe, Lewes BN7 3HZ(We will be staying in a well serviced campsite in tents)

Approximate number:

18 participants

SUSU Trained First Aider on trip: Hannah Batt-Rawden

Other first raiders: Eleanna Fairhurst

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(1) Risk identification			(2) Risk assessment				(3) Risk management			
Hazard	Potential Consequences	Who might be harmed (user; those nearby; those in the vicinity; members of the public)	Inherent			Control measures (use the risk hierarchy)	Residual			Further controls (use the risk hierarchy)
			L i k e l i h o o d	I m p a c t	S c o r e		L i k e l i h o o d	I m p a c t	S c o r e	
Slips, Trips, Falls due to uneven terrain, wet ground or when descending	Accident and/or Injury	<ul style="list-style-type: none"> Students Members of the public 	1	3	3	<ul style="list-style-type: none"> Students will be encouraged to take care when negotiating difficult terrain Kit list will be distributed with guidance on proper footwear (ankle support and good grip) Participant footwear will be checked before leaving on trip 	1	3	3	<ul style="list-style-type: none"> Should injury occur, Committee to contact the appropriate emergency services Organisers to bring a first aid kit for minor injuries Committee to report to SUSU Duty Manager as soon as possible if incidents occur

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Individuals getting lost while on the trip/ during hiking trips	Risk of exposure to elements if lost during hikes	user	2	3	6	<ul style="list-style-type: none"> Participants informed to stay within sight of the hiking group There will be a committee member with every small group with a map Regular headcounts to ensure everyone is accounted for Emergency escape routes planned into hiking routes (i.e. main roads) 	1	2	2	<ul style="list-style-type: none"> The phone numbers of the committee members in attendance have been given to everyone on the trip. Social media contact is also available via Instagram and whatsapp The committee will keep everyone together and periodically conduct group counts at important sections of the trip (i.e. at cross sections during hikes, before departure from walk locations and the campsite).

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<p>Environment & Weather – cold weather Hypothermia due to cold weather/wet/cold.</p>	<p>Hypothermia, distress due to cold</p>	<p>All students</p>	<p>2</p>	<p>3</p>	<p>6</p>	<p>a. Check the weather forecast and mountain weather information service forecast for the location: where severe weather is predicted, contingency plans should be created amongst the committee. If weather is too severe: cancel or amend expedition plans.</p> <p>a. Pre-departure kit check: all participants to confirm they have sufficient/appropriate clothing/spares/hat/ gloves and adequate waterproofs (top/bottom) for planned expedition.</p> <p>a. Emergency equipment carried, as appropriate: group shelter(s), survival bags, emergency blankets and emergency rations.</p> <p>-</p>	<p>1</p>	<p>2</p>	<p>2</p>	<ul style="list-style-type: none"> ● Within days of the trip check the mountain weather information service to decide which contingency plans are needed and if the trip should go ahead. ● Check forecasts on the day hikes are planned and adjust daily activities accordingly (with special attention to high wind, rain and cold temperatures) ● bring extra blankets as a back up for overnight camping
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Hot weather and lack of fluids	Risk of heat exhaustion and sunstroke	All students	1	3	3	<ul style="list-style-type: none"> - Pre-departure kit check: each participant has sufficient water. - Pre-departure advice to include: sun hat and sun cream. (if weather appropriate) - In the event of extremely hot weather, groups should consider starting early in the morning, taking a long lunch break in the shade and continuing after the midday sun. 	1	2	2	<ul style="list-style-type: none"> - At least one person present who is trained in responding to heatstroke - Mountain weather information service will be checked within several days of the trip and the group will be informed and reminded to pack water and appropriate clothing

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Heavy rain causing damage to rivers and routes	Injury caused by attempting to cross rivers, drowning,	All participants	2	4	8	<ul style="list-style-type: none"> - Expeditions in Wild Country to have "Bad Weather" route planned in the event of heavy rain & bad weather. - Rivers can rise quickly, so the lead committee member should be mindful of rising rivers to ensure safety and be prepared to use an alternative route. 	1	4	4	<ul style="list-style-type: none"> - Committee member planning the route will research local conditions on the national park website to ensure the most up-to-date route plan accounting for the weather conditions

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Walking along roads	Death or major injury	<ul style="list-style-type: none"> - Participants - Members of the Public 	1	5	5	<ul style="list-style-type: none"> a. participants should minimise using roads where possible. a. Where participants are to walk along roads, they should do so on the right hand side, single file (except where it would be safer on the other side e.g. verge, bends). The front and rear person should wear a high visibility vest. a. When walking along roads in the dark, torches should be used to warn traffic of walkers. 	1	3	3	<ul style="list-style-type: none"> • Routes will be planned with minimal time spent on roads

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Crossing roads	Death or major injury	All participants	1	5	5	<ul style="list-style-type: none"> - Participants should aim to use underpasses or crossings when planning their routes. - Those wearing high visibility should stand either side of the group crossing, where appropriate 	1	3	3	•

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Driving accidents	Death or major injury	All participants and the general public	1	5	5	<p>Drivers to understand the expectations of driving other people and include:</p> <p>To operate motorised vehicles legally and responsibly; i.e.:</p> <ul style="list-style-type: none"> - to drive within the posted speed limits; - to wear a seat belt and require passengers to do the same in accordance with the laws of the country in which I am travelling; - not to operate a vehicle if I have consumed any alcohol; - not to allow illicit drugs or weapons in the vehicle; 	1	4	4	Remind drivers to take frequent breaks to minimise risk of tiredness-related accidents
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						<ul style="list-style-type: none">- to operate only motorised vehicles for which I have a current, unrestricted licence;- to only use vehicles that are properly insured, MOT inspected and to which I am confident in driving.- Not to provide transportation to persons not approved for travel;- To admit when tired or no longer able to drive so a driver swap or rest break can be arranged.				
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<p>Use of cooking stoves</p>	<ul style="list-style-type: none"> a. Risk of burns to participants a. Methylated Spirit Stoves – risk of explosion when lighting the stove when hot or the container catching alight. a. Gas – risk of flaring 	<p>All participants</p>	<p>2</p>	<p>4</p>	<p>8</p>	<ul style="list-style-type: none"> a. Only participants who are competent at using a particular stove should use it. Stoves must never be used in tents. Participants should also use the handle to avoid burns and know the treatment. (We will have a trained first aider present) a. Methylated Spirit must be stored in Red Trangia Bottles (or metal sigg bottles, although the former is safer). Never in plastic containers. Groups to carry a spare burner and if the stove goes out, the cold burner should be filled and lit. Hot burners must never be refilled. a. Gas bottles should be used the correct way round and never turned upside down. 	<p>1</p>	<p>2</p>	<p>2</p>	
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Students becoming lost	Distressed students	- All participants	2	2	4	<ul style="list-style-type: none"> Should students become lost, students will be encouraged to message the committee through designed chat. Whatsapp, Facebook etc Encourage all participants to swap numbers before trip Ensure a committee member with a map present if the group splits up 	2	1	2	<ul style="list-style-type: none"> Students will be encouraged to stay in groups at all time. Organisers to share trip itinerary were applicable When in “Wilderness” locations, have access to a printed map not only digital

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Inappropriate behaviour – from others or students	Distressed students or members of the public, behaviours that put others' safety at risk	<ul style="list-style-type: none"> - Students - Members of the public 	2	3	6	<ul style="list-style-type: none"> a. At least one committee member/trip leader with each group when hiking a. Committee members responsible that those within the group act safely. a. If necessary, participants should be warned of the consequences of their actions for others. a. If necessary, participant to be asked to leave early and return home independently. (Provided it is safe for them to do so). 	1	3	3	<ul style="list-style-type: none"> • Report all incidents following SUSU incident reporting guidelines • Should inappropriate behaviour occur, students can contact both SUSU and/or appropriate emergency services • Make participants aware of the welfare officer should they wish to talk to them

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Emergency situation encountered	Injury, death	All participants, members of the public	1	5	5	<ul style="list-style-type: none"> a. Participants to be trained in Emergency Procedures. a. At least one committee member in each group to be competent with basic Wilderness First Aid. a. The lead committee member should know the medical conditions of other members of their team and any specific treatments which may be necessary. <ul style="list-style-type: none"> a. A decision should be made between the participant and the lead committee member as to who they wish to disclose medical information to. 	1	3	3	
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						a. Pre-departure kit check: each small group to carry: mobile phones, first aid kit, survival bags, storm shelter(s), maps, medication, whistle, and torches.				

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Medical Emergency	Participants may sustain injury due to; pre-existing medical conditions, an incident whilst travelling, or as a result of a poor response to a previous medical situation.	Student participants	3	5	1 5	<ul style="list-style-type: none"> • advise participants; to bring their personal medication, what numbers to ring in an emergency • Advice participants to bring enough medication for trip duration and include ingredients list, packaging • medical details have been collected in case they are needed for medical reasons- stored securely following GDPR Guidelines • Organisers to familiarise self and brief participants on local medical facilities 	2	5	10	<ul style="list-style-type: none"> • #
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Drowning-tours/trips by the sea, lakes etc, activities involving water (i.e. Wild Swimming)	Serious injury/fatality	Student participants	2	5	10	<ul style="list-style-type: none"> • Participants to obey local laws and follow local advice on tides/ rivers • Ideally swimming should be avoided when no lifeguard provision is available • Follow FCO guidance on country safety. on tidal patterns • Advice common sense- Participants undertake activities at own risk- encouraged to think about own ability e.g. swimming competency and training (water sports) • Life jackets/PPI to be worn as instructed • Swimming at night to be avoided 	1	5	5	<ul style="list-style-type: none"> • Ensure option to stay on land to avoid weak swimmers feeling obligated to swim (to avoid unnecessary risk) • Sign up form to include swimming competency “can you swim 50m” so trip lead is aware of group’s ability • For South Downs trip there are multiple first aiders trained with drowning scenarios
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Injury from wild animals	Bites, being trampled, injury	All participants	2	4	8	<ul style="list-style-type: none"> Advise participants to be careful around wild animals Use maps to provide alternate route should paths be rendered unusable due to animals (i.e. Bull) 	2	1	2	Research the local area
Injury from unsafe structures/mines/rock face	Injury from falling or from dislodged rocks	All participants	2	5	10	<ul style="list-style-type: none"> Participants to be made aware of and stay away from unsafe structures 	1	3	3	Research the local area and hazards
Smoke from stoves and fire in tents	smoke inhalation injury, burns	All participants	2	5	10	<ul style="list-style-type: none"> Participants are not to smoke or cook in tents. 	1	4	4	- Store cooking equipment in the outdoor shelter/gazebo not tents

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PART B – Action Plan

Risk Assessment Action Plan

Part no.	Action to be taken, incl. Cost	By whom	Target date	Review date	Outcome at review date
1	Kit list to be distributed to participants before trip with guidance on proper footwear and spare change of warm clothes and opportunity to ask any questions given	Ella Talks	29/05/2026		
2	Emergency kit to be packed and brought which includes: first aid kit, survival bags, storm shelter(s), maps, medication, whistle, torches.	Ella Talks	01/06/2026		
3	Participant briefing on health & safety before trip e.g. meeting, online, emails	Ella Talks	01/06/2026		
4	Trip itinerary and details of campsite and transport shared with individuals	Ella Talks	01/06/2026		
5	Participants emergency contact details gathered by organisers- stored securely in accordance with GDPR guidelines	Ella Talks	29/05/2026		
6	Organisers to check and pack a first aid kit	Ella Talks	01/06/2026		
7	Check the weather information service for Dorset prior to departure	Ella Talks	03/06/2026		
8	Walking route and weather contingency route to be planned and printed	Ella Talks	01/06/2026		
9	Pre-departure, check if people have correct kit to safely participate in the trip and fill in the gaps where possible	Ella Talks	03/06/2026		
Responsible committee member signature: <i>Ella Talks</i>				Responsible committee member signature: <i>H. Ball-Rawden</i>	

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Print name: ELLA TALKS

Date:
05/05/202
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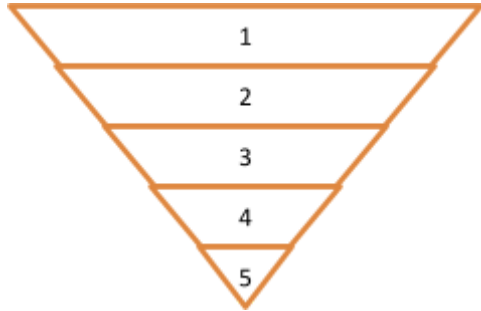
Print name: HANNAH BATT-RAWDEN

Date:
05/05/2026

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Assessment Guidance

1. Eliminate	Remove the hazard wherever possible which negates the need for further controls	If this is not possible then explain why	
2. Substitute	Replace the hazard with one less hazardous	If not possible then explain why	
3. Physical controls	Examples: enclosure, fume cupboard, glove box	Likely to still require admin controls as well	
4. Admin controls	Examples: training, supervision, signage		
5. Personal protection	Examples: respirators, safety specs, gloves	Last resort as it only protects the individual	

LIKELIHOOD	5	5	10	15	20	25
	4	4	8	12	16	20
	3	3	6	9	12	15
	2	2	4	6	8	10
	1	1	2	3	4	5
		1	2	3	4	5

IMPACT

Risk process

Identify the impact and likelihood using the tables above.

Identify the risk rating by multiplying the Impact by the likelihood using the coloured matrix.

If the risk is amber or red - identify control measures to reduce the risk to as low as is reasonably practicable.

If the residual risk is green, additional controls are not necessary.

If the residual risk is amber the activity can continue but you must identify and implement further controls to reduce the risk to as low as reasonably practicable.

If the residual risk is red **do not continue with the activity** until additional controls have been implemented and the risk is reduced.

Control measures should follow the risk hierarchy, where appropriate as per the pyramid above.

The cost of implementing control measures can be taken into account but should be proportional to the risk i.e. a control to reduce low risk may not need to be carried out if the cost is high but a control to manage high risk means that even at high cost the control would be necessary.

Likelihood	
1	Rare e.g. 1 in 100,000 chance or higher
2	Unlikely e.g. 1 in 10,000 chance or higher
3	Possible e.g. 1 in 1,000 chance or higher
4	Likely e.g. 1 in 100 chance or higher
5	Very Likely e.g. 1 in 10 chance or higher

Impact		Health & Safety
1	Trivial - insignificant	Very minor injuries e.g. slight bruising

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2	Minor	Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-administered.
3	Moderate	Injuries or illness e.g. strain or sprain requiring first aid or medical support.
4	Major	Injuries or illness e.g. broken bone requiring medical support >24 hours and time off work >4 weeks.
5	Severe - extremely significant	Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work.