



Southampton University Hillwalking Club

COVID Risk Assessment

General Information	
Organisation	Southampton University Hillwalking Club (SUHC)
Assessor(s)	Jennifer Alston, <i>President</i> Will Heritage, <i>Vice President</i> Thomas Edwards, <i>Former President and Mountain Leader</i>
Sports Body:	British Mountaineering Council (BMC)
Last Updated:	23 rd March 2021
Description of Activities	
<p>The dates in this risk assessment are in reference to the earliest possible date that these activities are permitted to resume according to the most recent guidance provided by the BMC: https://www.thebmc.co.uk/covid19-what-will-change-from-29th-march-in-england for groups. The club advice summary for the 29th March can be found here: https://www.thebmc.co.uk/clubs-huts-meets-and-current-covid19-restrictions?s=3.</p> <p><u>Day Walks</u></p> <p>The club hosts weekly walks during term time and holidays, usually on Saturdays. Walks are open to all, and students will be asked to register for free club membership to qualify for SUSU insurance. Competent walk leaders plan walks within the New Forest, Hampshire, the South Downs, Wiltshire, Dorset, Surrey and other surrounding areas, hosting a variety of landscapes and terrains. Details of each walk is advertised in advanced to enable members to make informed choices before participating. Day walks make use of public transport, including trains and some buses. The club's responsibility for the event ends once the walk finishes. Members who continue socialising after this point do so at their own risk.</p> <p>29th March: Sports groups will be able congregate in numbers of up to 30 if the activity can be justified to be safe by a risk assessment. Since our walks involve using public transport and spaces, transport will be organised in separate households/bubbles and walks in group sizes up to twelve, led by at least one competent walk leader to aid social distancing. Use of public transport is allowed for the essential activity of exercise if no other method of transport is available.</p> <p>17th May: Day walks will be run in numbers of up to 30. Public transport use will be subject to the restrictions at the time.</p> <p>21st June: Day walks run over the summer will have no legal restrictions on numbers, however guidance on how to reduce the transmission will be reviewed.</p> <p><u>Away Trips and Expeditions</u></p> <p>The operation of away trips are like that of day walks, but for longer durations (whole weekends) and therefore requires overnight stay in accommodation and the provision of meals. Away trips vary in landscape and terrain, and members are well informed on the nature of the trip before consenting to participate. Required and advisory kit lists are provided to all participants. Private transportation (e.g. Union Minibuses and personal cars) is usually used for away trips. However, if this is not economically viable once</p>	

social distancing is invoked public transport will be used instead. If social distancing cannot be achieved in bunkhouses alternative accommodation such as camping will be preferred since the virus risk is reduced in outdoor environments.

12th April: Overnight stays in self-contained accommodation will be allowed. There is potential for this to cover wild camping since neither the facilities nor tents are shared. If travel on public transport for non-essential purposes is allowed, then these trips can resume with up to six people. Wales is also expected to open its borders to England for leisure activities.

17th May: Remaining accommodation will be allowed to open. However, it is unclear whether this would include campsites. This would allow the club to run socially distanced trips in groups of six. However, due to the proximity to exams these will be unlikely to be run until June.

21st June: There is potential for Away trips to resume in larger numbers. This would provide an opportunity to train the new Away Trip Secs, however this would be subject to club demand.

Socials

Socials are held weekly or on a fortnightly basis. They are usually located within Southampton where attendees can use public transport to travel. Occasionally, the minibuses are hired to reach events further afield. They are organised by the Social Secretaries and are aimed to be as inclusive as possible. Socials will be held virtually throughout the term. Socials of up to six can be held outside from the 12th April and inside from the 17th May. Socials held outside will be able to resume in numbers of up to 30 on the 17th May.

COVID19

Covid-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal.

Competent Walk Leaders	Competent walk leaders describe individuals with experience planning and leading a walk on behalf of the club. These individuals are usually members of the committee who demonstrate the appropriate skills and aptitudes for walk leading and the safety of others. Where a competent walk leader is not a current member of the committee, they will be selected by the committee based on an assessment of their previous walking, navigation and risk assessing experience.						
Minibus Drivers	Drivers describe individuals who are registered "SUSU Approved" minibus drivers, based on the assessment of the students' union Facilities Manager and/or Transport Co-Ordinator. Minibus drivers must be 21 years old or older, have held a clean driving licence for at least three years and have passed SUSU's minibus familiarisation test.						
Car Drivers	Any member wishing to use their own car for any club events does so at their own risk. The club does not take responsibility for any wear-and-tear, damage or theft to the individual's property. In the case of members car sharing, the committee will check and ensure that each member is happy to travel privately. The driver will also be asked to prove they have a valid license for use in the UK, MOT, vehicle tax, and motoring insurance.						
<p style="text-align: center;">SUHC Equipment</p> <p>A full inventory can be found here:</p>	<table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Megaphone x 1</td> <td style="width: 33%;">First Aid Kits x 3</td> <td style="width: 33%;">Whistles x 5</td> </tr> <tr> <td>Emergency blankets x 6</td> <td>Walkie-talkies x 5</td> <td>Compass x 2</td> </tr> </table>	Megaphone x 1	First Aid Kits x 3	Whistles x 5	Emergency blankets x 6	Walkie-talkies x 5	Compass x 2
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https://drive.google.com/file/d/1nAkIZSo5PQ39f5KfrG0eO4fMnu5V9xvC/view?usp=sharing	Emergency shelter x 4 Safety Rope x 2	Head torches x 6 High visibility jackets x 6
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Reference Guide: Mountain Rescue Procedure

PHONE AVAILABILITY
 In the event of accident note relevant details (location, name, gender and age of casualty, nature of injuries, number of people in the party, your mobile phone number).

- Dial 999 or 112, ask for 'Police', then 'Mountain Rescue'.
- Give all your prepared details of the incident.
- Do NOT change your position until contacted by the rescue team.
- If you have to make a further 999 call, follow this procedure in full again.

FOR SPEECH OR HEARING ISSUES

- Text 'register' to 999.
- Contact the emergency SMS service by texting 999. Your message should include 'Police' + details of incident + location.

NO PHONE AVAILABILITY

- Tell at least one person not on the walk where the group is going each day.
- Instruct the nominated individual to alert the Police and Mountain Rescue at a set time of the day if no contact is has been made.

IF ALL ELSE FAILS

- Stay in one place. Do not waste energy.
- Put all available layers and clothes on.
- Distribute emergency blankets and shelters.
- Ration food and water as appropriate.
- Sound six blasts on a whistle OR six flashes on a torch. Repeat every minute.

BMC Latest Advice for Hillwalking Clubs:
<http://www.thebmc.co.uk/Download.aspx?id=1913>

Hazard Impact [1]		Risk Probability	
Level	Description	Level	Description

1.	Low: Younger age without high-risk existing health complications	1.	Very low likelihood of occurrence: Strict social distancing in well ventilated room or ¹ outside.
		2.	Potential to occur within activity: Contact with those with unknown COVID status. Inside, where social distancing could be compromised.
2.	Medium: Middle aged or younger with high-risk health complications	3.	Likely to occur within activity: Contact with people know to have Coronavirus
		Overall risk (as displayed in the table below) is the level of Hazard Impact multiplied by the Risk Probability as shown in these tables.	
3.	High: Older age or middle aged with high-risk condition		

Task	Risks/Hazards	Who might be harmed	Current control measures	Current risk /9	Additional control measures	Action by whom?	Out standing risk/9
General: Hand Sanitation	COVID: Surface/object contamination	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	Handwashing	6	Recommending hand sanitiser and anti-bacterial wipes on walks and transport. Where sharing equipment is necessary hands will be washed before and after use and equipment cleaned.	Committee and Members	3
General: Social Distancing	COVID: Person to Person contamination	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	Reducing the number of persons in any activity area allow for 2m social distancing.	6	Verbally and virtually reminding members of social distancing guidance. Activities will be limited in number	Committee and Members	3

¹ <https://www.nejm.org/doi/full/10.1056/NEJMp2013413>

					by requiring a ticket to be secured.		
General: Social Distancing – Where people are unable to keep required distance	COVID: Person to Person contamination	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	Staying a minimum of one metre apart, while observing precautions to reduce the risk of transmission.	6	Using screens or barriers to separate people from each other. Using back-to-back or side-to-side sitting whenever possible. Staggering arrival and departure times. Wearing facemasks in enclosed spaces in accordance with the government guidelines.	Committee and Members	3
General: COVID awareness	Unawareness of guidelines and new safety measures	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	Upload RA onto Groups Hub and request members download and read it. Use Club social media and email to make all the members aware about the changes to activities and encourage them to take all the precautions.	6	Ensure every activity starts with a reminder of key COVID-19 precautions and how to maintain them. Ensure participants are aware of the consequences of not complying with guidance (i.e. exclusion from activity).	Committee	3
General: High Risk Individuals	Protecting people who are at higher risk	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	Ask members to clarify if they have any specific health conditions which may put them in the 'at risk' category Helping members at increased risk to engage from home, either in their current role or an alternative role Plan for members who need to self-isolate.	6	Provide meaningful alternative activity for those who are unable to engage in person such as online socials.	Committee	1
General: Symptoms of Covid-19	Attendee shows COVID symptoms	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	If member becomes unwell with COVID symptoms, they will be sent home and advised to follow the stay-at-home guidance. Committee Members will maintain regular contact with members during this time. If advised that a member has developed Covid-19 the Club/Socs committee will contact SUSU Activities Team and will encourage the person to contact the	9	Provide meaningful alternative activity for those who are unable to engage in person such as online socials. Keep a record of those in attendance securely for 21 days to allow for track and trace purposes. After this time, the data will be destroyed.	Committee and Members	3

			track and trace service about close contacts.				
Walking	Gatherings of large groups outside	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	Running multiple walks spaced apart by at least twenty minutes. Each walk will be run by a walk leader familiar with the route. Use a sign-up system that limits the number of people who can attend each sub-walk to within the current guidelines. Regularly remind members to keep 2m apart and to walk single file to allow members of the public to pass.	6	The walk leaders will pause a group if necessary if the groups are perceived to be walking too close. Restrict details on event descriptions to dissuade attendance without signing up. Where possible, schedule different trains for each group to avoid crowding at stations.	Committee members / Walk Leaders	3
Transport	Public Transport	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	Advise members to wear a facemask and socially distance when taking public transport before and during the walk. Promote hand washing before and after boarding trains/buses.	6	When deciding on walk locations, shorter commutes will be favoured to reduce time spent in enclosed spaces. Only off-peak trains will be used. Ask members to use private transportation in household/bubble groups if possible.	Committee members	3
Walking	First Aid Treatment Required	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	The injured party will be asked to self-treat under verbal advice using a personal or sanitised first aid kit. A first aider will be equipped with suitable PPE where close contact is necessary. Advise members to bring along a first aid kit for personal use.	6	Before and after treatment hand sanitation should be completed. When carrying out CPR, rescue breaths should not be performed, the casualty's nose and mouth should be covered with a cloth and the first aider should avoid coughing or sneezing over the patient. Helpers should keep a 2m distance where possible. When treating wounds, cross-	Club First Aiders	3

					contamination should be avoided. Gloves should be worn when treating open wounds and waste disposed of responsibly.		
Walking	Passing people on narrow paths.	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	The group will be asked to stop to let members of the public pass in suitable passing places.	6	If this is not possible members will be advised to face away from the incoming people and wear a mask. Walks will be planned to avoid known pinch points such as busy town centres and touristy narrow routes.	Committee members	1
Transport	Minibuses	Clubs/Soc Members COVID Vulnerable groups	These will not be booked until the guidelines allow an economical number of persons from different households to travel in the same vehicle safely.	4	Minibuses will be sanitised before and after use. The occupants will be in one household bubble or be able to socially distance in accordance with the current guidelines. Passengers will be asked to wear masks and sanitise their hands regularly. Bookings will only be resumed for after the 17 th May.	Committee members	3
Accommodation	Camping	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	Each pitched tent will only accommodate members from the same household or bubble. Tents will be pitched at least 2m apart. Each member will use personal cutlery and crockery. Food cooking will involve a limited number of people with high standards of sanitation or be only for personal consumption.	6	Campsites will be prebooked and informed that the group is not all from the same household. Bookings will only be resumed for after the 17 th May. 17 th May-21 st June: Numbers in a single trip will be limited to six unless complete group of six segregation is possible.	Committee members	1
Accommodation	Bunkhouses	Clubs/Soc Members COVID Vulnerable groups	Bookings in advance will not be made unless a full refund is available in the case of cancellations due to guideline restrictions. Those who are not in the same household/bubble will be allocated to	6	Bookings will only be resumed for after the 17 th May. 17 th May-21 st June: Numbers in a single trip will be limited to six unless complete group of six segregation is possible.	Committee members	3

			<p>separate rooms.</p> <p>A booking will only go ahead if the attendees can be housed safely inside in accordance with the current guidelines at that time.</p> <p>A one-way system will be set up in shared spaces.</p> <p>Bathrooms, kitchen, dining and living areas will be cleaned regularly.</p> <p>Members will be asked to socialise outside where possible.</p>				
Socials	Pubs	<p>Clubs/Soc Members</p> <p>COVID Vulnerable groups</p> <p>General Public in proximity</p>	<p>Seating will be outside where possible and socially distanced.</p>	6	<p>Groups will adhere to the guidelines of the establishment.</p> <p>12th April-17th May: Groups will not exceed six people outside.</p> <p>17th May-21st June: Groups will not exceed six people inside.</p> <p>No in-person socials will take place before 12th April.</p>	<p>Committee and Members</p>	3
Socials	Private Gardens	<p>Clubs/Soc Members</p> <p>COVID Vulnerable groups</p>	<p>Social distancing will be maintained between different bubbles.</p> <p>Guests will be allowed inside for access to the garden and to use the facilities.</p> <p>Regular hand washing will be observed.</p> <p>The sharing of food and drink will be avoided where contamination can easily occur.</p> <p>Guest will be asked to bring food and drink for their own personal</p>	4	<p>12th April-17th May: Groups will not exceed six people.</p> <p>17th May-21st June: Groups will not exceed thirty people.</p> <p>No in-person outdoor socials will take place before 12th April.</p>	<p>Committee and Members</p>	1

			<p>consumption.</p> <p>Surfaces which are regularly touched will be cleaned after use.</p>				
Socials	Indoor Public Places	Clubs/Soc Members COVID Vulnerable groups General Public in proximity	<p>Only gather at venues that are suitable for socially distancing.</p> <p>Ideally they will be prebooked.</p> <p>Adhere to the number restrictions that are in place for the type of venue and event.</p> <p>Socially distance at 1m+ (2m where possible).</p>	6	<p>Reducing movement by discouraging non-essential trips within buildings and sites.</p> <p>Reducing task rotation and equipment rotation, for example, single tasks for the activity.</p> <p>Reducing the number of people in attendance at socials and consider holding them outdoors wherever possible with social distancing.</p> <p>17th May-21st June: Groups will not exceed six people. No in-person indoor socials will take place before 17th May.</p>	Committee and Members	3
Socials	Indoor Private Places	Clubs/Soc Members COVID Vulnerable groups	<p>Adhere to the number restrictions that are in place for the type of venue and event.</p> <p>Socially distance at 1m+ (2m where possible).</p>	4	<p>Reducing movement by discouraging non-essential trips within the building and sites.</p> <p>Reducing task rotation and equipment rotation, for example, single tasks for the activity.</p> <p>Reducing the number of people in attendance at socials</p> <p>17th May-21st June: Groups will not exceed six people. No in-person indoor socials will take place before 17th May.</p>	Committee and Members	3

Action Plan

Part no.	Action to be taken, incl. Cost	By whom	Target date	Review date	Outcome at review date
1	Declare fresher events on SUSU website.	President/Committee organiser	17/09	18/09	Complete
2	Declare regular day walks on SUSU website.	President/Day walk Secs	24/09	25/09	Complete
3	Research possible campsites that can be accessed by public transport suitable for socially distanced tents.	Away Trip/Expeditions Sec	01/11	16/12	Not currently feasible, review after 17 th May
4	Keep updated on changing guidelines and adjust risk assessment and activities to suit.	President	On going	On going	On going
5	Create a spreadsheet that allows walk leaders to register their availability for walks.	President/Day walk Secs	17/09	18/09	Alternative found, where sign-ups are handled through our website via the associated database
6	Set up events on Eventbrite to allocate limited tickets for each walk timeslot.	President/Day walk Secs	24/09	25/09	Alternative found, where sign-ups are handled through our website via the associated database
7	Train up walk leaders so more socially distanced walks can be run.	Expeditions Sec	10/10	01/11	Navigational sessions have been run; however new lockdowns have suspended walks.
8	Review feasibility of socials in second semester.	Social Secs	07/01	01/02	Suspend this review until 12 th April
9	Review BMC guidance when it is published in	President	26/03	29/03	

	late March				
10	Plan day walks according to the current guidance	Day Walk Secs	29/03	12/04	
11	Continue online socials	Social Secs	23/03	12/04	
12	Review Expedition feasibility	Expeditions Sec	12/04	17/05	
13	Review Away Trip feasibility	Away Trip Secs	17/05	21/06	

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Jennifer Alston
President

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Vice President

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28/03/2021

X Thomas Edwards

Thomas Edwards
Assessor

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