**Southampton University Hillwalking Club**  
**COVID Risk Assessment**

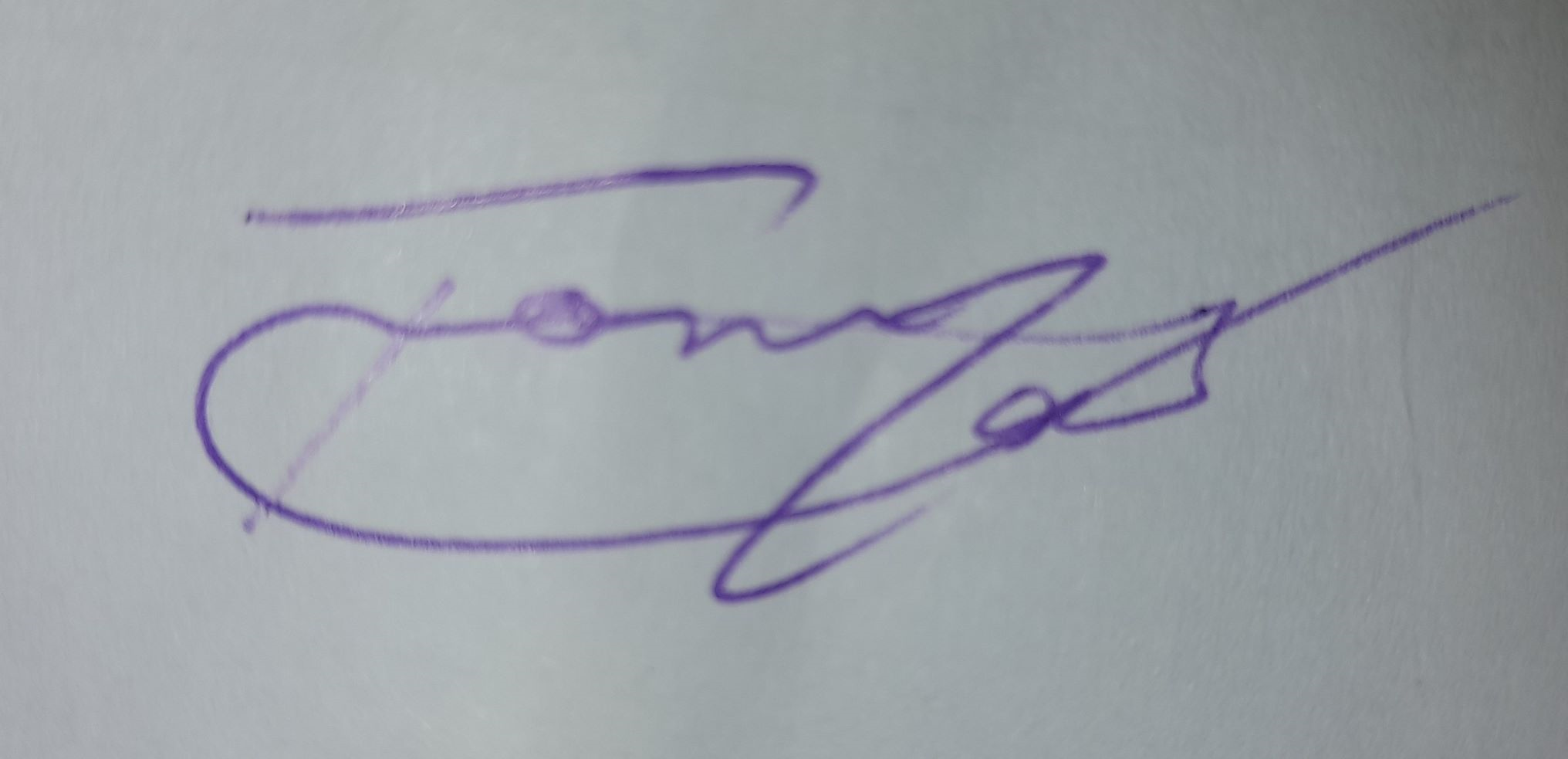
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| **General Information** | |
| Organisation | Southampton University Hillwalking Club (SUHC) |
| Assessor(s) | Thomas Daly, *President* Chang Liu, *Vice President*  Thomas Edwards*, Expeditions Secretary, Former President and Mountain Leader* |
| Sports Body: | British Mountaineering Council (BMC) |
| Last Updated: | 21st July 2021 |
| **Description of Activities** | |
| **Day Walks** 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.  Although the current guidelines do not impose any numerical restriction on club events, SUHC Day Walks will be run in groups of up to thirty, subject to periodic review. These walks require participants to sign up through our website: <https://walking.susu.org/>, and the information retained for three weeks for test and trace purposes.  **Away Trips and Expeditions** The operation of Away Trips and Expeditions are like that of Day Walks, but for longer durations (whole weekends) and therefore require overnight stays in accommodation and the provision of meals for Away Trips. Both 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, while the sign-up system, as required for Day Walks, is also used, with a limit of thirty attendees. Private transportation (e.g. Union Minibuses and personal cars) is usually used for Away Trips and public transportation for Expeditions. However, if a member of the group tests positive and they are unable to return to their home to self-isolate by their own private transport, they and those in their room/tent will be required to self-isolate for seven days. The entire group will also take tests with the same isolation rules applying in the event of further positive tests. Any group members who have been fully vaccinated are exempt from isolation unless they have tested positive themselves. Members will be expected to pay additional costs caused by prolonged stays in accommodation for the purposes of isolation as per government rules https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/hotels-and-other-guest-accommodation.  **Socials**  Socials are held weekly or on a fortnightly basis. They are usually located either within Southampton where attendees can use public transport to travel or are held online. Occasionally, the minibuses are hired to reach events further afield. They are organised by the Social Secretaries and are aimed to be as accessible as possible. As with other SUHC events, sign-up is mandatory for Socials and will continue to be organised in groups of up to thirty.  **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. |
| SUHC Equipment  A full inventory can be found here: https://drive.google.com/file/d/1nAkIZSo5PQ39f5KfrG0eO4fMnu5V9xvC/view?usp=sharing | Megaphone x 1 First Aid Kits x 3 Whistles x 5 Emergency blankets x 6 Walkie-talkies x 5 Compass x 2 Emergency shelter x 4 Head torches x 6  Safety Rope x 2 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> |

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| 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]](#footnote-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 |
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| Task | Risks/Hazards | Who might be harmed | Current control measures | Current risk /9 | Additional control measures | Action by whom? | Outstanding 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 1m+ social distancing. | 6 | Verbally and virtually reminding members of social distancing.  Activities will be limited in number by requiring a ticket to be secured. | Committee and Members | 3 |
| 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.  Encouraging the wearing of face masks in enclosed environmments. | 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 track and trace service about close contacts. | 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 |
| Walking | Gatherings of large groups outside | Clubs/Soc Members  COVID Vulnerable groups  General Public in proximity | Running multiple walking groups spaced apart by at least twenty minutes. Each group will be organised 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. | 6 | 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 | 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 1m+ distance where possible.  When treating wounds, cross-contamination should be avoided. Gloves should be worn when treating open wounds and waste disposed of responsibly. | Club First Aiders | 3 |
| 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 be booked only if it is determined that an economical number of persons from different households can travel in the same vehicle safely. | 4 | Minibuses will be sanitised before and after use.  Passengers will be asked to wear masks and sanitise their hands regularly. | Committee members | 3 |
| Accomodation | Camping | Clubs/Soc Members  COVID Vulnerable groups  General Public in proximity | Members from the same household or bubble will be encouraged to share tents with each other only.  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. | Committee members | 1 |
| Accomodation | 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 separate rooms if possible.  Bathrooms, kitchen, dining and living areas will be cleaned regularly. Members will be asked to socialise outside where possible. | 6 | Numbers in a single trip will be limited to thirty. | Committee members | 3 |
| Socials | Pubs | Clubs/Soc Members  COVID Vulnerable groups  General Public in proximity | Seating will be outside where possible and socially distanced. | 6 | Groups will adhere to the guidelines of the establishment. | Committee and Members | 3 |
| Socials | Private Gardens | Clubs/Soc Members  COVID Vulnerable groups | Regular hand washing will be observed.  The sharing of food and drink will be avoided where contamination can easily occur.  Guest will be asked to bring food and drink for their own personal consumption.  Surfaces which are regularly touched will be cleaned after use. | 4 | Groups will not exceed thirty people, but it is highly likely that due to the inability of most gardens to accommodate this number of people, this number will be lowered and determined on a case-by-case basis. | Committee and Members | 1 |
| Socials | Indoor Public Places | Clubs/Soc Members  COVID Vulnerable groups  General Public in proximity | Ideally venues will be prebooked.  Adhere to the number restrictions that are in place for the type of venue and event.  Socially distance at 1m+ (2m where possible). | 6 | Reducing movement by discouraging non-essential trips within buildings and sites. Reducing task rotation and equipment rotation, for example, single tasks for the activity. | Committee and Members | 3 |
| Socials | Indoor Private Places | Clubs/Soc Members  COVID Vulnerable groups | Socially distance at 1m+. | 4 | Reducing movement by discouraging non-essential trips within the building and sites.  Reducing task rotation and equipment rotation, for example, single tasks for the activity. | Committee and Members | 3 |

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| **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 | 18/09 | 19/09 |  |
| 2 | Declare regular day walks on SUSU website. | President/Day walk Secs | 25/09 | 26/09 |  |
| 3 | Continue to research possible campsites that can be accessed by public transport. | Away Trip/Expeditions Sec | 21/07 | 21/08 | Campsites successfully found and Expedition to Dorset held in compliance with current guidelines. |
| 4 | Keep updated on changing guidelines and adjust risk assessment and activities to suit. | President | On going | On going | Risk Assessment updated on 21/07/21. |
| 5 | Continue the use of SUHC’s sign-up system on our website to limit group numbers and facilitate test and trace. | President/Day Walk Secs/Social Secs/ Expeditions Sec | 21/07 | 21/08 | Website sign-up system continues to be implemented for each in-person event until further notice. |
| 6 | Plan Day Walks according to the current guidance. | Day Walk Secs | 21/07 | 21/08 | Day Walks continue to be planned in groups according to the current guidance. |
| 7 | Plan Socials according to the current guidance. | Social Secs | 21/07 | 21/08 | Socials continue to be planned in groups according to the current guidance. |
| 8 | Plan Expeditions according to the current guidance. | Expeditions Sec | 21/07 | 21/08 | Expeditions continue to be planned in groups according to the current guidance. |
| 9 | Review Away Trip feasibility | Away Trip Secs | 21/07 | 21/08 | Away Trips will be planned in groups according to the current guidance. |



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Thomas Daly

President

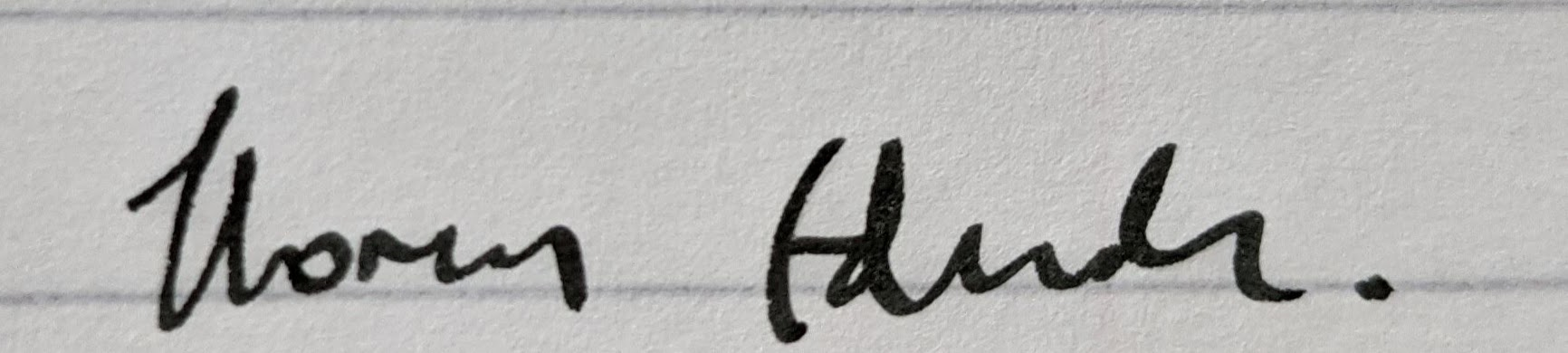
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Chang Liu

Vice President



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Thomas Edwards

Assessor and Expeditions Secretary

1. https://www.nejm.org/doi/full/10.1056/NEJMp2013413 [↑](#footnote-ref-1)