

Southampton University Hillwalking Club

'Hunted!' Risk Assessment



General Information	
Organisation	Southampton University Hillwalking Club (SUHC)
Assessor(s)	William Heritage, <i>President</i> Jennifer Martin, <i>Vice President</i> Matthew Clark (<i>Former President, Away Trip & Day Walk Secretary, First Aider</i>) Contact: walking@soton.ac.uk
Sports Body:	British Mountaineering Council (BMC)
Last Updated:	12 th October 2022
<u>Description of Activities</u>	
<p>'Hunted!' events may take place up to five times per committee year (running between club AGMs). They are usually located within areas of forest or varying landscapes within an hours reach of Southampton, and confined into a small event area (around 4 km expected radius maximum). The event has participating members split into groups of sizes varying between 4-6 based on demand and committee member availability. Said groups move between checkpoints throughout the day attempting not to be spotted and/or caught by 'catchers'. Catchers are always competent walk leaders (see terminology below) and will always include at least one trained first aider. During the event responsibility for a participators safety is held by the club until a time at which they can safely make their way back home via a form of transportation.</p>	
Competent Walk Leaders	<p>'Competent walk leaders' describes 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 managing responsibility for 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.</p>
Catchers	<p>'Catchers' describes the individuals who have been deemed as competent walk leaders within the club and may be experienced members or committee members. The role of the catcher is to locate the evading teams, deducting a point from their 'life' score each time they do so. Catchers will be organised to be scouting out the areas between checkpoints throughout the day, with one catcher always stationed at each 'open' checkpoint. Catchers will (like committee) carry a responsibility to monitor the wellness of the evading teams and respond in emergencies. They will carry OS maps, walkie-talkies, and emergency blankets.</p>

Evaders/Teams	Evaders describes the role of individuals working in teams to navigate between checkpoints in an event area deemed fit for purpose by the organising committee members. Evaders will be grouped into teams of a size between 4-6 members. It is the goal of the evaders to make their way between all checkpoints (within each ones associated opening period) whilst minimising the number of times they are 'caught' by the catchers. Each team of evaders will carry an OS explorer grade paper map of the event area and will be formed by the organising committee to ensure an equal spread of navigation experience amongst teams.												
Participants	Participants describes any individuals who have an active role in the event, including committee members, catchers, and evading teams.												
SUHC Emergency Equipment	<table border="0"> <tr> <td>Megaphone x 1</td> <td>First Aid Kits x 7</td> <td>Whistles x 5</td> </tr> <tr> <td>Emergency blankets x 6</td> <td>Walkie-talkies x 8</td> <td>Compass x 4</td> </tr> <tr> <td>Emergency shelter x 3</td> <td>Head torches x 7</td> <td></td> </tr> <tr> <td>Safety Rope x 2</td> <td>High visibility jackets x 4</td> <td></td> </tr> </table>	Megaphone x 1	First Aid Kits x 7	Whistles x 5	Emergency blankets x 6	Walkie-talkies x 8	Compass x 4	Emergency shelter x 3	Head torches x 7		Safety Rope x 2	High visibility jackets x 4	
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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		Risk Probability	
Level	Description	Level	Description
1	Low impacting hazard/minor injuries. First aid (if appropriate) will be administered on the scene and the event will have only a temporary impact on the patient.	1	Very low likelihood of occurrence.
2	Serious injury causing hospitalisation for less than three days. The impact could last for several months.	2	Potential to occur within activity.
3	Major injury or death. Loss of limb/s and presents life-threatening conditions. In hospital for longer than three days and an elongated period of recovery	3	Likely to occur within activity.
<p><i>Overall risk (as displayed in the table below) is the level of Hazard Impact multiplied by the Risk Probability as shown in these tables.</i></p>			

Task	Risks/Hazards	Who might be harmed	Current control measures	Current risk /9	Additional control measures	Action by whom?	Outstanding risk/9
Walking	Weather	All participants	Committee will consider the forecast weather conditions when deciding if the event can go ahead. Reschedule the event if Met Office severe weather warnings are issued.	6	Kit requirements published in advance and appropriate clothing for weather enforced on the day e.g.: Waterproofs, warm clothing.	Committee	3
Walking	Inappropriate footwear (leading to dislocated joints or broken bones or sprains/strains)	All participants	Participants are advised on suitable footwear prior to the event.	6	Participation is only granted if appropriate footwear is worn. First aid kits carried on all events, and catchers informed of emergency procedures.	Committee	2
Walking	Terrain / Environment causing lower limb injury	All participants	Committee to review the event areas terrain for suitability prior to the event.	3	Participants are warned of potential hazards, including but not limited to loose material underfoot, cliff edges or unstable overhanging cliffs/rock face. Well-equipped first aid kits are provided by club for each event and are held by at least one committee member for each 15 members. Participants will be told to adhere to path closure signs and diversions.	Committee	2
Walking	Water bodies (drowning)	Any participants	Participants advised not to enter any body of water	6	Participants will be briefed if the event area includes bodies of water. In an emergency, use any available safety apparatus such	Committee	3

					as life rings and throwlines if available. Call 999 at the earliest opportunity. No participant should enter a water body to attempt rescue of a casualty. In socials, swim in only life guarded areas.		
Walking	Trips, slips and falls (from lowland)	Any participants	Participants will be told beforehand to wear suitable footwear and clothing that should prevent such issues.	2	Evaders will be instructed not to be pressured into walking at a speed which is not comfortable for them. Should they experience this, they should make the catchers/committee aware at the next possible opportunity. If necessary, they can be led to the nearest checkpoint to ensure their wellbeing.	Committee / Catchers	2
Walking	Trips, slips and falls (from height)	Any participants	<p>Where the event area is surrounded by terrains with significant inclination, the importance of walking boots with good grip and ankle support will be emphasised. Where possible the event area boundary will be placed at least 3 km away from any dangerous terrains.</p> <p>Members who do not wear suitable walking shoes will be disqualified from participating in the event.</p> <p>Participants will be briefed on the terrain within the event area beforehand along with any areas which must be avoided.</p>	6	<p>Members who do not wear suitable footwear will be disqualified and directed back to a safe place such as a local town or village.</p> <p>The event area will be examined by the committee prior to the event to ensure it is suitable and minimises risks.</p> <p>Committee and catchers will discuss the weather forecast and its effect on the route at the start of the event. They will bring teams in at the soonest opportunity if weather conditions deteriorate beyond safe limits.</p>	Committee / Catchers	3

Walking	Dehydration	Any participants	Participants will be told to bring plenty of fluids	2	Members of the committee and catchers recommended to bring additional water that can be shared out to participants if they run out of their own.	Committee / Catchers	1
Walking	Sunburn	Any participants	Participants will be told to bring adequate sun protection (eg: suncream, hat, sunglasses etc.)	2	Committee members to check weather forecast, including UV levels, and advise accordingly through the kit list on event listings	Committee / Catchers	1
Walking	Blisters	Any participant	Participants will be told beforehand to wear suitable footwear and clothing to prevent such issues.	2	Committee members to carry first aid kits with blister plasters.	Committee / Catchers	2
Walking	Insect bites (eg: ticks and mosquitos)	Any participants	Participants will be made aware of the risk of insect bites, especially during the warmer months.	2	Participants will be advised to wear clothing that covers arms and legs, or the use of insect repellent spray. Committee to advise participants to check themselves for ticks at the end of the event, especially if the route includes areas of long grass or high deer activity.	Committee members	2
Walking	Hypothermia	Any participants	Participants will be told in advance of forecasted cold weather to bring extra layers (hat, scarf, gloves and thermals).	3	Participants to be briefed on how to recognise the onset of hypothermia (e.g. shivering, confusion, changes to complexion, lack of coordination). Emergency blankets, shelters, and hand warmers will be carried by all committee members/catchers.	Committee / Catchers	2
Walking	Injury from animals (farm, wild or domestic)	Any participants	Committee will advise participants to take care when passing through an area containing animals (e.g. field of cows, sheep,	6	Committee will ask all participants to avoid any animals showing aggression or appearing to be nervous.	Committee members	3

			horses, etc) and avoided where possible. Participants advised not to attempt to pet or feed animals.				
Walking	Level crossings (railways)	Any participants	Teams and catchers will be advised by committee if there are level crossings within or around the event area. They shall be advised to take care when crossing railways, look both ways before you cross. Obey any signage, barriers, lights and/or audible warnings. Only ever use designated public crossings, preferably ones with visual or audio signals. Never trespass, there may be live rails or overhead cables. If in any doubt, do not cross and phone the railway authority using the crossing phone or using the contact details on the crossing data plate.	3	Participants to be told to cross in an orderly fashion and to minimise time spent on the tracks.	Committee members	3
Walking	First Aid Treatment Required	Clubs/Soc Members General Public in proximity	A first aider/first aid kits will be equipped with suitable PPE where close contact is necessary. The injured party will be asked to self-treat under verbal advice using a personal or sanitised first aid kit, whenever possible. Advise members to bring along a first aid kit for personal use.	6	Before and after treatment hand sanitation should be completed if possible. When treating wounds, cross-contamination should be avoided. Gloves should be worn when treating open wounds and waste disposed of responsibly. In the case of emergency, the team or committee members must call 999.	Club First Aiders	3

Transport	Public Transport – timetables and safety	Any participants	All participants will be briefed on the public transport route before travel (i.e., timetables, routes).	1	Committee members will ensure participants adhere to health and safety rules.	Committee members	1
Walking	Anaphylactic shock (severe allergic reaction)	Any participant	Participants are encouraged to inform the committee of any relevant allergies/medical info upon registering for the event.	3	<p>Committee members will stress the requirement of team members to make their needs and any relevant medical info such as anaphylactic shock to their teams. Teams will be advised not to share food and to reduce contact. If concern is raised at any point for the health of a participant, the committee shall address this as a matter of urgency. Any teams putting their participants at any risk will be disqualified and disbanded.</p> <p>Any member who requires an EpiPen (epinephrine autoinjector) or other anti-allergen medicine must ensure they pack it on the day and inform both the catchers/committee members and their team. In the case of emergency, the team or committee members must call 999.</p>	Committee members & club first aiders	3
Teams evading catchers	Injury to Evader	Evaders	Evading teams are given set times to get between checkpoints, narrowing their location down to approximately 1 km radius. Concern for teams can be raised if they fail to make a check point and catchers will be distributed to check for them.	5	Evading teams will be given instructions on how to raise the alarm should injury occur. This will include use of location apps ('OS-Locate' preferred, 'what three words' as alternative) where possible as well as physical signals (noise, signals).	Committee / Catchers	2

			<p>Participating members will be given formal information for kit requirements (boots, poles) which will reduce likelihood of injury</p> <p>All evading teams will be given maps which can be used to determine their position.</p>		<p>For the event to run, there must be at least one catcher trained in first aid for every 25 evading members.</p> <p>One catcher/committee member will always be present at the open checkpoints.</p>		
Catcher hunting teams	Injury to Catcher	Catchers	<p>Catchers will be given PMR two-way radios (walkie talkies) with which they can communicate easily in the case of an injury.</p> <p>Catchers will only be 'competent navigators' who will be able to identify their location for other catchers with ease.</p>	4	<p>The contact/recovery procedure will vary regarding whether they are able to communicate via walkie talkie or phone. If so, location details will be shared</p> <p>Catchers will be required to regroup at certain times to report findings. If one does not regroup a contact/recovery procedure shall be followed. If a catcher does not communicate within an hour and does not respond to communication via radios/phone then a catcher will be sent to scout the area they were known last to be.</p> <p>One catcher/committee member will always be present at the open checkpoints.</p>	Committee / Catchers	2
Teams evading catchers	Evading Team Lost	Any participants	All evading teams will be given OS paper maps to aid navigation, and their competency and	6	Evading teams will be required to pass through checkpoints between certain times. If two	Committee / Catchers	4

			<p>understanding in map reading will be checked before the event begins.</p> <p>All evading teams will be checked for their apparent competency in map-reading prior to the events start.</p> <p>Any doubts in a team's ability to navigate will be discussed before the event begins and appropriate amendments made to the positioning of team members.</p>		<p>consecutive checkpoints are missed two catchers will be sent to scout the area for signs.</p> <p>Organisers phone numbers will be made available to the participants on the day. This information will be provided to each evading team or catcher as a physical document, such as not to be dependent on e.g. phone battery</p> <p>Evading teams will be given instructions on how to return to a safe space (gravel footpaths) and how to raise the alarm should they find themselves lost beyond recovery.</p> <p>One catcher/committee member will always be present at the open checkpoints.</p>		
Catchers hunting teams	Catcher Lost	Catchers	<p>All catchers will be competent navigators who feel able to deduce their location without need of a GPS device. They will also have access to a radio (walkie talkie) to ask for help.</p>	3	<p>Any catcher who finds themselves lost beyond recovery will be asked to stay put and use their club whistle to attract attention and use visual signs if possible.</p> <p>One catcher/committee member will always be present at the open checkpoints.</p>	Committee / Catchers	1

Action Plan					
Part no.	Action to be taken, incl. Cost	By whom	Target date	Review date	Outcome at review date
1	Keep up to date with the latest Government, NHS and BMC advice regarding the differences in COVID restrictions in the devolved nations. Such restrictions if reintroduced could prevent 'Hunted!' events from happening.	Events organisers	Ongoing	Ongoing	Amend risk assessment (if necessary). Consider amending event plans to non-contact, and socially distanced forms should such be required by government advice.
2	Regular review of medical advise for hillwalking clubs, as well as the First Aid capabilities and capacities of the club's committee (and regular) members.	Committee members	Ongoing	Ongoing	Amend risk assessment (if necessary) to minimise medical risks to all participants.

To our awareness, this risk assessment is both appropriate and cohesive for the risks which may arise during 'Hunted!' events organised by the Southampton University Hillwalking Club throughout the academic year.

13/10/2022

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12/10/2022

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