



Southampton University Mountaineering Club

## Risk Assessment: Mountainous Areas

<b>Activity or Task</b>	Any activities to be undertaken in mountainous or remote areas
<b>Assessor (Position)</b>	Ellie Tang (President)
<b>Date</b>	31/08/2022
<b>Activity Description</b>	Mountainous areas may have poor access, require scrambling to reach final destination or require walking across difficult terrain.
<b>Additional Notes</b>	This risk assesment is to be used in conjunction with the appropriate risk assesment for the activity undertaken in mountainous area.
<b>Checked by (Position)</b>	Ellie Tang (President)
<b>Date</b>	31/08/2022
<b>Checked by (Position)</b>	Josie Meredith (Vice President)
<b>Date</b>	31/08/2022

# Risk Assessment: Mountainous Areas

Hazard	Effect	Inherent Risk			Controls	Residual Risk		
		Likelihood	Severity	Risk		Likelihood	Severity	Risk
Previous medical conditions	Various	3	4	Medium	Ensure that members of climbing party are aware of any previous medical conditions (through the website profiles or otherwise), and are aware of any action that may need to be taken. Climbers participate at their own risk.	3	1	Low
Dehydration	Personal Injury	3	2	Low	Appropriate water must be brought by each climber to last to entire activity duration.	1	1	Low
Weather/benightment	Hypothermia, cuts, breaks, sprains	4	3	Medium	Before climbers lead for activity weather must be checked by climbers to ensure that conditions are suitable for approach. Climbers must bring suitable clothing for conditions. Climbers must finish activity allowing time to leave crag before benightment. Headtorches must be brought by climbers to activity.	2	2	Low
Navigation	Getting lost, leading to dehydration, fatigue.	4	2	Low	Climbers must bring guide books to lead them to activity and check approach notes using UKC/guidebooks before beginning approach. Appropriate navigational equipment must also be brought by group, this being arranged by meet secretaries / trip leader.	2	1	Low
Serious injury to one or more group members	Personal Injury ( cuts, breaks, sprains, falls, death, concussions)	3	4	Medium	Group must ensure a suitable method is available to contact mountain rescue before beginning approach to activity, this to be arranged by meet secretaries or group leader. Ensure at least one person in group is trained in first aid.	1	2	Low
Exposure (wind, cold, sun, rain)	Hypothermia, heat stroke/exhaustion, dehydration	4	3	Medium	Climbers must check guidebook/UKC to examine exposure of crag. Suitable clothing must be bought by all climbers for crag conditions. Suitable water must also be brought to last the duration of activity by all climbers. Activity must not take place in harsh weather conditions.	2	2	Low
Strain	Personal Injury ( cuts, breaks, sprains, falls, death, concussions)	3	2	Low	Appropriate warm up and cool down exercises must be undertaken. Climbers should not undertake movements beyond their abilities.	2	2	Low
SARS-CoV-2 (Novel Coronavirus)	COVID-19 (Flu-like symptoms, death in those who are at risk, transmission to those at risk, transmission to those not at risk leading to an epidemic)	5	2	Medium	If crag is too busy to allow suitable distance from other climbing groups, the group must leave area. Climbers must not participate in activity if they have any symptoms of COVID-19 and must have proof of a negative lateral flow test before attending club trips.	2	3	Low

