RISK ASSESSMENT WIZARD



HIKING

Safety Guide

Outdoor Activity Provider

6	16	15
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Cardiovascular Health

Excellent aerobic exercise improving heart and lung function.

Mental Wellbeing

Nature connection reduces stress and improves mood.

Navigation Skills

Develops map reading and outdoor awareness.

Social Activity

Shared experiences build friendships and teamwork.

Nature Connection

Access to landscapes and wildlife experiences.

Achievement

Completing routes provides sense of accomplishment.

KEY HAZARDS & CONTROL MEASURES

Weather

- ✔ Check detailed forecast before departure
- ✔ Appropriate clothing and layers
- ✔ Escape routes identified
- ✔ Clear cancellation/abort criteria

Getting Lost

- ✔ Map and compass carried and used
- ✔ GPS device as backup
- ✔ Route plan left with contact
- ✔ Leader qualified for terrain

Terrain Hazards

- ✔ Route suitable for group ability
- ✔ Appropriate footwear required
- ✔ Walking poles available
- ✔ Extra care on descents

Medical Emergency

- ✔ First aid kit carried
- ✔ Leader first aid trained
- ✔ Mobile phone and emergency contacts
- ✔ Group shelter carried

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Planning

- [ ] Weather forecast checked
- [ ] Route planned and suitable
- [ ] Escape routes identified
- [ ] Contact informed of plan

Equipment

- [ ] Map and compass
- [ ] Waterproofs and layers
- [ ] Food and water
- [ ] First aid kit

Group

- [ ] Fitness level confirmed
- [ ] Appropriate footwear
- [ ] Medical conditions known
- [ ] Emergency contacts collected

RISK ASSESSMENT WIZARD

Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

390+

Activity Templates

Pre-loaded hazards & controls for every activity

100%

Customizable

Add your branding & tailor to your needs

- ✔ Instant PDF & print-ready documents
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- ✔ Add your logo & organization details
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