



HIKING

Safety Guide

Outdoor Activity Provider

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Key Benefits

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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
- ✓ Escape routes identified
- ✓ Appropriate clothing and layers
- ✓ Clear cancellation/abort criteria

Getting Lost

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

Terrain Hazards

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

Medical Emergency

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

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

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

Planning

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

Equipment

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

Group

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



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