



HIKING

Safety Guide

Youth Group

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Checklist Items

KEY BENEFITS

Physical Fitness

Builds cardiovascular health and muscular endurance.

Navigation Skills

Develops map reading and orientation abilities.

Nature Connection

Fosters environmental awareness and appreciation.

Mental Wellbeing

Reduces stress and improves mood through outdoor activity.

KEY HAZARDS & CONTROL MEASURES

Terrain Hazards

- ✓ Route reconnoitered in advance
- ✓ Walking poles available
- ✓ Appropriate footwear required
- ✓ Difficult sections supervised closely

Weather

- ✓ Weather forecast monitored
- ✓ Adequate water carried
- ✓ Appropriate clothing layers
- ✓ Turn-back criteria set

Getting Lost

- ✓ Map and compass carried
- ✓ Regular headcounts
- ✓ GPS backup available
- ✓ Lost person procedure known

Wildlife & Plants

- ✓ Tick checks after hike
- ✓ Plant identification taught
- ✓ Long trousers recommended
- ✓ Livestock areas managed carefully

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

Route

- Route planned
- Escape routes noted
- Map available
- Timings realistic

Equipment

- Footwear checked
- Water bottles full
- Waterproofs packed
- Snacks carried

Group

- Fitness assessed
- Buddy system set
- Medical info known
- Contact details shared

Safety

- First aid kit packed
- Emergency plan known
- Phone charged
- Weather checked



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