RISK ASSESSMENT WIZARD



HIKING

Safety Guide

Youth Group

4	16	19
Key Benefits	Control Measures	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
- ✔ Appropriate footwear required
- ✔ Walking poles available
- ✔ Difficult sections supervised closely

Weather

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

Getting Lost

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

Wildlife & Plants

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

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

Route

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

Equipment

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

Group

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

Safety

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

RISK ASSESSMENT WIZARD

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

390+

Activity Templates

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100%

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