



RISK ASSESSMENT
— WIZARD —



HIKING & HILLWALKING

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KEY BENEFITS**Physical Fitness**

Improves physical fitness, stamina, and cardiovascular health.

Mental Wellbeing

Boosts mental well-being through access to nature and fresh air.

Navigation Skills

Develops navigation and map-reading skills for outdoor confidence.

Teamwork

Encourages social interaction and teamwork when navigating as a group.

KEY HAZARDS & CONTROL MEASURES**Weather Changes**

- ✓ Check weather forecast before departure
- ✓ Plan escape routes and shelter options
- ✓ Carry appropriate clothing for all conditions
- ✓ Set clear turnaround times

Navigation Errors

- ✓ Carry maps, compass, and GPS device
- ✓ Use checkpoints and regular headcounts
- ✓ Brief leaders on route before departure
- ✓ Keep group together with front and back markers

Slips, Trips & Falls

- ✓ Ensure appropriate footwear is worn
- ✓ Take extra care on steep or wet sections
- ✓ Choose routes suitable for ability levels
- ✓ Use walking poles where appropriate

Remote Location

- ✓ Leave route card with base contact
- ✓ Know emergency contact procedures
- ✓ Carry emergency shelter and first aid kit
- ✓ Carry charged mobile phone and backup battery



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