# Cardiff University Students’ Union Mountaineering Club Activity Risk Assessment

Please read the guidance notes, or visit a member of the Activities staff team, for assistance to complete. Useful guidance can also be found from your relevant National Governing Body.

THIS IS A LIVE DOCUMENT THAT NEEDS REGULARLY REVIEWING AND UPDATING.

1. **General Information:**

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| Club / Society: | Cardiff University Mountaineering Club | | |
| Name of most recent assessor / reviewer: | Rebecca Carman | Date of most recent review: | 16/09/2024 |
| Committee position of most recent assessor / reviewer: | Secretary | Date of original assessment: | 16/09/2024 |

1. **Description of Activity:**

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| **What is the activity?** Attach any routes and maps if applicable.  Hiking involves walking on a variety of public footpaths and minor roads or pavements typically in a circular route. The difficulty of hikes can be altered depending on group capabilities, from flat short hikes all the way to hilly and long hikes with more technical footwork. There can be some crossover with scrambling being needed on advanced hikes.  Scrambling involves climbing/walking up steep hills, mountains or rocks and typically requires using hands and feet to complete the scramble. In the UK scrambles are typically graded from 1 to 3, with 3 being the hardest. Sometime ropes or spotting can be used to help calm nervous or inexperienced scramblers on routes. Whilst scrambles can be done without help, members should be willing to aid anyone with getting up tougher or taller sections of rock if they require it.  Appropriate footwear is required for both hiking and scrambling however it is far more necessary for advanced hikes or scrambling. Sometimes helmets are required for scrambling, depending on the rock formations and if there are small loose rocks, particularly if scrambling beneath other or under a footpath.  Scrambling and hiking are not typical club activities although they may be done if weather does not allow for any climbing. Scrambling is most likely to be done on the winter trip when accompanied by guides if they isn’t sufficient snow or ice for mountaineering.  **Location / address of the activities:**  Locations close to the bunkhouse/campsite that the club is staying at on club trips  **Approximately how many people are involved?**  9 – 45 depending on demand and transport capabilities. It should be noted that large numbers of people should not be doing the same hiking or scrambling route in order to avoid taking over an area and preventing access to the public, groups should be smaller and in different areas.  **Approximate duration of the activities:**  08:00 to 20:00 12 hours. Typically our outdoor activities are done for as long as is permitted by the daylight and weather. Hiking will vary in time depending on group capabilities and could range in time from 2 hours to 8 hours, |

1. **Hazard Assessment:**

Please continue this assessment for as many pages as required.

If your National Governing Body or managed facility provider have their own Risk Assessment, please attach and reference it within your assessment. Ensure that you act on any control measures that require implementation as a result of this assessment.

A hazard is anything that has the potential to cause harm, for example, a hole in the playing surface.

A hazardous event takes place when someone or something interacts with the hazard. Every hazardous event has a likelihood and a consequence.

Likelihood is a measure of the chance that a hazardous event will occur.

The consequence / severity is the most likely outcome should the hazardous event occur.

Risk is a combination of the likelihood of a hazardous event occurring, with the consequence / severity of the event.

Use the scales below (1-3) to complete the risk matrix.

*Areas for consideration (non-exhaustive list):*

* *Activity that has the potential to cause injury to those participating.*
* *Different levels of ability.*
* *The safe use of equipment required to do activity.*
* *Facilities / location where the activity takes place on/in/at, for example, surfaces, fixtures and fittings.*
* *Environmental factors that would impact the activity, for example, lighting and temperatures.*
* *Risk to both participants and non-participants from each other’s interaction.*
* *Appropriate leadership and information distribution / collecting, for example, participants brief and medical details.*
* *Transport / getting to and from the activity.*

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| **LIKELIHOOD** | **CONSEQUENCE / SEVERITY** |
| **1** = unlikely the event will happen, although conceivable. | **1** = unlikely for an injury to occur, although conceivable, and minor if so. For example, minor cut / graze. |
| **2** = the event could occur sometimes and is fairly likely. | **2** = something more than a ‘scratch’ or ‘bruised ego’. A ‘three day’ injury, requiring further medical assistance. For example, cuts needing stitches. |
| **3** = it is likely the event would occur quite easily / regularly. | **3** = a major injury. For example, broken bones, loss of consciousness, loss of limbs, death. |

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| **INJURY**  What type of injury / damage can occur? | **HAZARD**  What is the hazard that can cause the injury? For example, activity, equipment, procedure, location, environment, participants. | **EXISTING CONTROL MEASURES**  What measures are currently in place to reduce the risk of injury? | **LIKELIHOOD** of injury, taking account of existing control measures  (use scale 1-3). | **SEVERITY** of injury, taking account of existing control measures (use scale 1-3). | **RISK**  = Likelihood X Severity. |
| Traffic collision | Not following the Highway Code and Road Traffic Act 1988 while driving | All drivers must have passed the necessary driving tests that are provided SU Transport | 1 | 3 | 3 |
| Scrambling/hiking under the influence of alcohol | Drinking alcohol before competing in any sport activity impairs the participants ability to safely complete the activity | Ensure that all members do not drink alcohol before any sport activity | 1 | 2 | 2 |
| Spread of sickness | Attending group activity while sick and can infect other members and cause them to also become sick | Encourage any member who is showing signs of sickness to stay away from activity until signs have gone | 1 | 2 | 2 |
| Someone injured by falling hiker/scrambler | Broken limbs, sprains, bruising, loss of consciousness, dislocations, shock. | Ensuring people leave space to the person in front so that if one person falls no one else. | 1 | 2 | 2 |
| Slipping or triping | Broken limbs, dislocations, sprains, bruising | Appropriate footwear to be worn for the approach, taking into account weather conditions and length/difficulty of approach. Avoid having equipment dangling across the body that could limit leg or arm movement. | 2 | 2 | 4 |
| Injury on sharp segments of rock | Cuts, scratches | Clothing can be used to protect knees, elbows and other body parts from the rock. Climbing specific finger tape can be used to protect hands from particularly sharp bits of rock. | 2 | 1 | 2 |
| Changes in body temperature do to long periods of time spent outside in rain/sun/wind/snow | Hypothermia, hyperthermia, shock, stress, heat stroke, dehydration | Appropriate clothing brought for weather conditions with enough spare layers. Water bottles to be bought to crag. Committee to make participants away of the weather predictions and inform them on what suitable clothing should be bought. Enough First aiders will be present in all groups and trips, and all groups will have adequate first aid kits provided. | 1 | 2 | 2 |
| Scrambler becomes overwhelmed with difficult situation e.g. difficult route, height, | Panic attacks, stress, mental blockages | Scramblers should not attempt scrambles beyond their limit and should only undertake climbs they are comfortable trying. Experienced scramblers can help guide those who are nervous. | 2 | 2 | 4 |
| Rings getting caught on rock and causing injury | Degloving of skin on fingers | Dangers of climbing with rings on will be explained to scramblers.. | 1 | 2 | 2 |
| Spotter injures themselves whilst spotting a falling scrambler | Broken limbs, dislocations, sprains, bruising | Spotters will be taught how to spot correctly (‘spoons not forks’ to prevent finger breaks or dislocations) and will not stand underneath a scrambler | 1 | 2 | 2 |
| Scrambler falling due to rock breaking | Sprains, bruising, dislocations, broken limbs | Ensure that scramblers know that rock can break. The person at the front of the group should check each rock they hold to see if they are loose. | 1 | 2 | 2 |
| Getting hit by a car whilst walking on a road | Broken limbs, dislocations, sprains, bruising, loss of consciousness, death | Members should walk single file on roads facing oncoming traffic with the exception of going round a blind corner where they should be on the outside bend of the corner. Walking on roads should be avoided where possible | 1 | 3 | 3 |
| Getting lost | Anxiety, stress  Depending on the situation other injuries as a result of exposure could occur | Ensure members know the route they are doing. Ideally each group will have at least one paper map and digital maps. Participants should stay together. Each group should have more than one member who is experienced at map reading and navigation. Headtorches should be carried by multiple group members. | 2 | 2 | 4 |
| Falling debris lands on hiker or scrambler | Cuts, bruising | Scramblers will where helmets where the route dictats it, notably when scrambling on loose rocks or scrambling below a footpath. Scramblers and hikers should be mindful of not accidently dislodging rocks. | 1 | 1 | 1 |
| Injury due to overexertion without a proper warm up or strengthening plan, climbing injuries for these reasons notably occur to fingers, wrists and shoulders | Temporary muscle or joint pain when doing activity, ligament, muscle or tendon damage | Participants should ensure that they are suitably warmed up before attempting technical or strenuous climbs. Training guidence can be provided by the Training and Competition Secretary. Participants should stop any activity which causes them pain and seek medical advice. | 2 | 2 | 4 |
| Bleeding from a graze or cut, bleeding due to climbing can commonly occur on fingers or hands | Spread of disease or illness | Participants should use a plaster, bandage or climbing tape to prevent the spread of blood to any climbing surface. Participants should tape any skin that is close to bleeding before it happens. | 2 | 2 | 4 |

**ADD MORE ROWS IF REQUIRED, THIS SPACE IS NOT LIMITING.**

1. **Risk Evaluation:**

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| Risk factor from assessment matrix | Level of risk |
| 1 - 2 | **LOW RISK:** no further control measures should be required at this time but ensure any in place are maintained and reviewed. |
| 3 - 4 | **MEDIUM RISK:** ensure that the suitable control measures are in place as described in the hazard assessment. You must continuously consider and implement additional control measures where possible. Do not do the activity if you are uncomfortable with the equipment, guidance and support available. |
| 6 - 9 | **HIGH RISK: DO NOT DO ACTIVITY** until risk has been considered, reduced and additional control measures have been enforced. You must identify the additional, necessary control measures and re-evaluate the activity to understand if it is appropriate. Speak to the Activities department for advice. |

1. **Supervision / Safety of the Activity**

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| **What supervision is required for the activity?** Coach / leader registration via the student portal is to be completed for all coaches and activity leaders, including volunteers and current students.  Little supervision is need for hiking, although someone familiar with the area is beneficial. Advanced hikes will benefit from having a few members who are experienced with doing advanced hikes to aid newer or nervous members.  Scrambles should be done with experienced members in each group.  Scrambling on the winter trip is done through use of guides.  **What appropriate ratio of coach / leader to student is required for the activity?**  1:8  **What First Aid provision is required?** If not required within the student group, how / where can you access this?You can source assistance with First Aid training from the Activities department if it is identified that provision is needed.  Each group should have there own first aid kit in one member’s bag, other group members should know whose bag this is. Each group will have at least one, but ideally multiple trained first aiders within the group. Group members should know how to call for emergency services.  **What safety equipment do you need to provide for this activity to go ahead?**  Helmets as required by scrambling routes   * Ensure that you and your members are aware of the Cardiff University Students’ Union Emergency Procedures – these can be found on ‘committee resources’ on cardiffstudents.com. * **All incidents, accidents and near misses** are required to be reported / recorded to the Activities department as soon as possible after the event. |

1. **IMPLEMENT THE CONTROL MEASURES** detailed in this assessment and communicate the findings to members via Operating Procedures. A template can be found on ‘committee resources’ on cardiffstudents.com.

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| **What do you need to tell your members / the participants following this assessment? Where can they find your Operating Procedures?**  Make them aware of where to find the risk assessment (web page), this is also where the operating procedure will be.  Ensure that members are aware of the risks associated with scrambling and hiking. |

1. **Review**

All safety-related documents must be reviewed each year by incoming committees and activity leaders. They also need reviewing in the event of a serious accident / incident or should any hazards / control measures change.

Each time this document is reviewed or updated, please complete and sign the below. Within the document, please note any additions with the date it was updated in brackets.

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| **NAME** | **COMMITTEE POSITION** | **REVIEW DATE** |
| Rebecca Carman | Secretary | 16/09/2024 |
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1. **Activities Department Contacts for Student Groups**

Athletic Union – [AthleticUnion@cardiff.ac.uk](about:blank)

Guild of Societies – [Societies@cardiff.ac.uk](about:blank)

Volunteering – [Volunteering@cardiff.ac.uk](about:blank)

1. **Enjoy your activity!**