

Risk Assessment – Duke of Edinburgh Expeditions - Lowland



Reviewed Date	01/03/2022
Next Review Date	01/03/2023
Manager Name	Paul Taylor
T/A(Name & Date)	N/A

General Information	This risk assessment considers risk for Duke of Edinburgh Expeditions in lowland terrain.
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Instructor Competence	Lead - Lowland Leader Assessed & Duke of Edinburgh Supervisor Award Assist - Lowland Leader Assessed
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Ratios & Remits	1:14 (Training) 1:14 (Remote Supervision for Practice and Qualifier, max 2 groups) 1 Assessor can assess 4 groups. does not count in Supervision Ratios
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Identified Hazards	Who is at risk?	Example Causes	Control Measures
Personal Injury E.g. Slips, Cuts, Twisted Ankles, Spinal Injuries, Broken Bones	Instructors & All Participants/Group Leaders	- Tripping over rocks. - Tiredness leads to falling over more easily. - Descending steep routes. - Back injuries caused by lifting heavy rucksacks	- Instructor to provide health and safety briefing to prevent injuries where appropriate. - Instructor to carry a first aid kit. - Group taught how to lift rucksacks appropriately in pairs if necessary.

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			- DofE Training Framework delivered - First Aid and emergency procedure training to be provided prior to expedition.
Difficulty controlling body temperature (Hyperthermia/Hypothermia)	Instructors & All Participants/Group Leaders	- Cold, wet windy days. - Carrying heavy equipment - Hot, sunny days - Inappropriate clothing	- Obtain a weather forecast and plan accordingly. - Appropriate clothing to be worn / carried. - Appropriate amounts / type of food and drink should be carried depending on weather conditions, terrain etc. - Use of sun cream to be encouraged. - Appropriate group safety equipment to be carried – e.g. shelter, warmth etc.
Water Borne Infection	Instructors & All Participants/Group Leaders	- Drinking from inappropriate sources.	- Instructor to consider carefully the sources of water which are used by themselves and the group, based on local knowledge.
Ticks & Lyme Disease	Instructors & All Participants/Group Leaders	- Sitting in long grass - Walking through thick undergrowth.	- Appropriate brief given to group
Group not returning	Instructors & All Participants/Group Leaders	- Low cloud - Injury - Poor navigation	- Instructor to leave route details, including return time and emergency contact details.
Group Becoming Lost	Instructors & All Participants/Group Leaders	- Poor training and assessment prior to expedition.	- Supervision plan to be created prior to the expedition. - Group to carry a mobile phone and numbers exchanged with the supervisor. - Group to receive navigation training and be deemed competent to carry out expeditions in the terrain.

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			- Group to report to checkpoints at set times.
Child Protection Issues for Unsupervised Groups	Participants	- Mixed sex groups and campsites	- Campsites may require supervision - Male and female staff .
Emotional Damage	Participants	- Being scared of the dark - Jumping out on people	- Staff to monitor and supervise emotions and group dynamics appropriately. - Torch to be carried.

This risk assessment in no way negates the need for continual dynamic risk assessment on session.

You must report incidents or near misses using company procedures.

If you have any concerns or questions about the risk assessment speak to your manager.