

Basic Risk Assessment		Hiking walks - This includes: i) all excursions to Gredos mountain range sites. such as museums. ii) all field studies visits, such as meadowland, woodland, scrubland, mountain.		Ref No. - 08	
Internal assessor:	Juan Fco. Redondo Sanchez	Potential injuries, damage, etc:	Cuts, bruises, grazes, allergic reaction, exhaustion, fatigue, sunburn, serious injury, death.	Date of issue:	March 2009
				Planned review date:	March 2010
Hazards.		Persons exposed to the hazard.	Existing control measures		
Metrological aspects. Inclement weather resulting in cold or wet clothing. Hot weather resulting in sunburn.		Group Leaders /instructional staff. Teachers. Students.	<p>1. Weather conditions will be evaluated on a daily basis and if inclement weather is predicted activity can be changed to another more suitable date and time.</p> <p>2. Due to sudden inclement weather it may be necessary to transport all group members to the start of the hike or collect at the end of the hike using Gredos Centre vehicles, existing control measures for use of Gredos Centre vehicles see (Ref. 09 RA Gredos Centre Vehicles) will be applied in this instance.</p> <p>3. Group Leader / instructional staff are to ensure that all group members have clothing and footwear appropriate to the site to be visited before departing the centre, and that they keep to designated paths and study areas once at the walk site location.</p> <p>4. During summer months and days of predicted high level UV appropriate sun cream protection must be applied, hat and sunglasses worn at all times.</p>		
Terrain irregularities. Local topography and terrain can increase the likelihood of slips and trips, lost footing and falls resulting in cuts, grazes and bruises.		Group Leaders /instructional staff. Teachers. Students.	<p>1. Due to irregularities in terrain, all our programmed hikes and walks are vetted before use for their suitability.</p> <p>2. 1st Aid kit will be carried by Group leader to treat any minor cuts and bruises.</p>		
Alergies. Countryside locations may have a range of flora and fauna that visitors should be cautious around. Vegetation may have low hanging branches, thorns, stings or poisonous leaves, berries, and fields may contain livestock.		Group Leaders /instructional staff. Teachers. Students.	<p>1. If possible, instructors should avoid taking groups through fields of livestock. If this is unavoidable, the instructor should brief the group to walk calmly, confidently and quietly through the field, and not to run under any circumstances. The instructor should avoid areas where flora may be hazardous. In any instance, instructors must brief participants not to put leaves, berries, etc. in their mouths.</p>		
Exhaustion & fatigue resulting from inclement or hot weather exposure.		Group Leaders /instructional staff. Teachers. Students.	<p>1. To prevent exhaustion or fatigue every 20-25 minutes a 10 min stop will be carried out and at each top a head count will be conducted to ensure presence and state of each participant.</p> <p>2. Water to be carried by each participant and to be drunk at every top and when needed.</p> <p>3. Pack lunch or snack will be supplied during activity or prior to departure from the Centre. Appropriate longer stop will be allowed for consumption of supplied food.</p>		