

Activity Risk Assessment: - Night walk offsite

Carlton Lodge recognises that using a suitably trained / qualified instructor will vastly reduce the inherent risks of the activity. Therefore all Carlton Lodge Activities will be led by suitably trained / qualified instructors.

No	Hazard	Who it effects	Unmanaged Risk	Control Measures	Managed risk
1	Getting knocked over on the road	Instructors and group	Medium	<ul style="list-style-type: none"> Give group yellow reflective vests if visibility is poor. Get the group to walk at the edge of the road. Instructors to manage group on the road appropriately. Carry torches to illuminate group to drivers. 	Low
2	Trips and slips	Group	Medium	<ul style="list-style-type: none"> Make sure group are wearing suitable clothing and footwear. Warn the group of places they are likely to trip and slip. Carry several torches on dark nights. 	Low
3	Group splitting up	Group	Medium	<ul style="list-style-type: none"> Brief group to stay together Instructors to remain vigilant and keep good control of the group. Place one instructor at front and one at the back if necessary. 	Low
4	Getting lost	Group	Medium	<ul style="list-style-type: none"> Take appropriate maps 	Low
5	Stung by nettles	Instructor and Group	Medium	<ul style="list-style-type: none"> Advise group to wear long trousers 	Low
6	Hypo/hyperthermia and exposure	Instructors & group	Medium	<p>Instructors should ensure that the group is appropriately clothed for the weather (e.g. Waterproofs, hat, gloves, warm clothes, sun-lotion etc.)</p> <p>Instructors should ensure that group is appropriately hydrated and monitor the state of all individuals within the group.</p> <p>Instructors should be prepared to stop or have a break during the session.</p> <p>Group needs safety bag readily available. Instructor to ensure this.</p>	Low