

# Activity Risk Assessment: - Gorge Walking

Tom Taylors Cave & How Stean Tunnel

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	Traffic & other users	Group & Instructors	Low	Before leaving bus brief group about other users and remind them that they are in a car park with other motorists.	Low
2	Loss of group member/s	Group	High	Instructor to set boundaries before leaving the bus; inform group leaders that they are to supervise the group during any free time. Frequent head counts to be carried out by instructors.	Low
3	Blow to the head	Group & Instructors	High	All group members and instructors to wear a correctly fitted safety helmet at all times.	Low
4	Panic attack	Group	Medium	Instructor to identify and/or monitor any nervous participants at the beginning and offer advice and encouragement throughout the session. Use of torches to light the way if appropriate. Instructor to be aware of the quickest way out and act promptly if needed.	Low
5	Drowning	Group & Instructors	High	Buoyancy aids must be worn at instructor's discretion by all as laid out in the operating procedure. Instructors should follow advice on water levels contained in the operating procedure. Brief group to stay together and follow the path set by the instructor. Carry a throw line and be competent with its use. Awareness of group weaknesses and adapt the route accordingly. Instructor positioning at awkward sections.	Low
6	Hypothermia / Exposure	Group & Instructors	Medium	Instructors should ensure that the group is appropriately clothed for the weather. (e.g. Waterproofs, hat, gloves, warm clothes, sun-lotion etc.) Instructors should ensure that group is appropriately hydrated and monitor the state of all individuals within the group. Instructors should be prepared to stop or have a break during the session. Group needs safety bag readily available. Instructor to ensure this.	Low
7	Infection	Group & instructors	Medium	Cover all cuts etc before going on the water. Advise all groups to shower fully after finishing water activities.	Low
8	Slips, trips, falls and injuries	Group and instructors	Medium	Appropriate footwear should be worn. Helmets to be worn at all times. Group advised on safe practice. Instructor to spot participants where necessary	Low

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9	Getting swept off feet by strong water	Group and instructor	<b>High</b>	Take note of local weather reports if in doubt check with howstean gorge Instructor to be prepared to call off the activity if water levels or to high for the group's capability's	<b>Low</b>
10	Debris and dead Animals	Group and Instructor	<b>Medium</b>	Instructor to move group swiftly past areas of concern or to avoid if at all possible. Be conscious of overhanging trees and other foliage that could be dangerous if falls.	<b>Low</b>