

Mountain Activity Company

Hazard and Risk Assessment Sheet

Hazard (Without control measures)		
Rating	Hazard	Description
5	Severe	Fatality/ Multiple injuries
4	High	Major injury/ Ill health
3	Medium	Medical treatment required
2	Low	First Aid Required
1	Negligible	No injury/ ill health predicted

Risk (With application of control measures)		
Rating	Hazard	Description
5	Severe	Almost certain
4	High	Probable
3	Medium	Quite probable
2	Low	Remote
1	Negligible	Improbable

Activity: Sea level traversing, Marsden Rock area near Sunderland.

Persons affected: Participants and Instructors

Hazard	Hazard Rating	Control measures	Risk Rating	Recommendations	Revised risk rating
Drowning	5	All group members can swim. Buoyancy Aid must be worn. Group leader carries a throw line	3	Buoyancy Aid carries CE Mark and is worn correctly. Good group management and awareness of group's ability.	3
Head Injury	5	Helmet must be worn.	3	Helmet must carry CE Mark	3
Falling	5	Suitable safety system adopted at the appropriate situation	3	Good group management and awareness of groups ability.	2
Difficult / Wet Terrain	5	Assessment of groups ability Route choice Appropriate footwear	3	Fitness, motivation, skills etc Will change with weather conditions Suitable footwear	2
Exposure/ hypothermia	5	Suitable clothing Food Choice of route is appropriate. Weather assessment Good group control	1	Waterproofs worn, Hat, gloves carried	1
Emotional Trauma	1	Suitable leadership and level of challenge	1		1

Comments: Factors affecting risk in terms weather are important and information with regards to sea conditions and tide times will have been acquired the morning prior to the activity occurring. This should be reflected in the 'On the day assessment'. The activity, in normal circumstances, must be finished at least 2 hours prior to and will not commence until at least 2 hours after high tide level on the activity day. The Instructor for this activity will hold a minimum qualification of SPA and will have been ratified for this activity through the induction process. The instructor will work on a ratio of no more than 1:8 ratio may be increased if the leader is accompanied by a competent assistant Max ratio for the activity 2:12