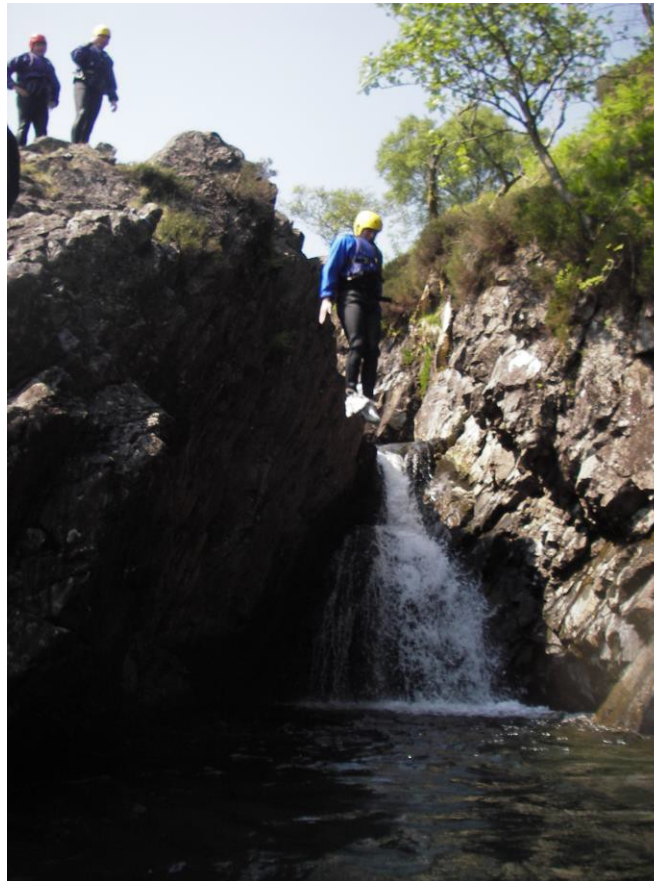


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The Risk Assessment



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RiverDeepMountainHigh

The Risk Assessment
by Johan Hoving, December 2002.

Updated 8/1/04

24/01/05

07/02/06

13/08/09

19/03/15

27/07/2020 covid19 amendments added.

Risk Assessments are seen as essential for running activities safely however, they are not the complete picture. All RiverDeepMountainHigh (RDMH) staff are, (perhaps more importantly) qualified in their fields through National Governing Body (NGB) awards and/or relevant experience (in this case they would be signed off for the activity by a qualified Instructor) and therefore capable of making 'best judgement' decisions in their working environment which is ever changing. We also update instructors with current changes to the risk assessments in an ongoing nature and by reporting any amendments. Therefore, we value very highly the on-site risk assessments made by our instructors at any of our sites since this is the crux of what they are trained in.

Activities are also run to National Governing Body guidelines, and all instructors carry a current first aid qualification, and first aid and safety kit during activities. Details of route and return time of each activity session are left with the course director. Site-specific hazards are overcome by using qualified instructors and/or site-specific training by qualified staff. All equipment meets CE/UIAA or relevant standards.

Terms

Group	The people who are participating in the activity.
Staff	Those people who are running the activities usually instructors.
Public	Those people who are not taking part in a RDMH activity.
All	All of the above

Risk

This is determined by examination of the likelihood and the consequence.

Likelihood

- 1 Highly unlikely ever.
- 2 May occur but very rare.
- 3 Does occur but rare.
- 4 Occurs from time to time.
- 5 Likely to occur often.

Consequence

- 1 Slight inconvenience.
- 2 Minor injury - first Aid.
- 3 Medical attention needed.
- 4 Major injury - hospitalisation.
- 5 Extremely serious, disablement or fatal.

Covid 19 additional risk assesment

Risk	To Whom	Likelihood	Consequence	Controls
<p>Transmission of Covid 19 Virus by:</p> <p>Inhalation, absorption or ingestion from people carrying COVID 19 both Symptomatically and Asymptomatically.</p>	All	<p>5 With no controls</p> <p>2 With controls</p>	5	<p>1) Prevent and Fend off the risk of contact by screening:</p> <ul style="list-style-type: none"> • Clients to complete mandatory pre-course Screening Questionnaire. And sign as part of the regular signing of the risk statement, via web before the course. This will be done verbally upon occasion where no document was signed (eg if they forget) then witnessed by others present all verbally. (may video statement on phone or camera before session) This will help isolate and remove higher risk symptomatic and asymptomatic carriers, thus reduce the exposure of asymptomatic carriers to non-infected & vulnerable people. • All PERSONS To be free of any symptoms of infection and not coming from a household that contain people who are self-isolating via a Daily check • Test track and trace app, free download

			<p>2) Social distancing to be maintained in line with regulation and gov't advice. Clients from the same household do not need to social distance.</p> <p>3) Regular and effective hand washing to be factored into programmes, in programme breaks as a habit, changing venue etc, hand cleansing facilities to be available at activity. Hand washing station and/or 70%+ alcohol hand wash.</p> <p>4) Planning all sessions to be held outdoors</p> <p>5) Toilet visiting to be advised before the activities begin.</p> <p>6) Groups to bring their own sunscreen, hand sanitizer, lunches, personal first aid kits (we can provide a drybag to put it in) face coverings if they feel happier with one for any close proximity work (instructor to wear one regardless in this circumstance)</p> <p>7) Hot chocolate and beakers and 1st aid kit to be put in the groups own drybag or rucksack before the session where they can access it 1 bag per household / bubble. They can rinse beakers in beck or lake then return to bag and to instructor at the end of the session with any other equipment.</p> <p>8) Customers provided with pre ordered equipment from stores, provided in a named container per household / bubble. These items are then segregated in the drying room disinfected or quarantined for 72 hours, upon return to RDMH.</p> <p>9) The Instructor should have a sealed communal first aid kit and have read CPR and FA guidelines for Covid-19. Customers to have own personal PPE for minor First Aid (see Covid First Aid notes) Instructors issued with Covid-19 PPE Kit.</p> <ol style="list-style-type: none"> I. Assist at a safe distance from the casualty. II. Minimise the time you share a breathing zone. III. Talk the casualty through what to do, give them your first aid kit IV. The 3P model – preserve life, prevent worsening, promote recovery. V. Don your PPE if you feel you do need to approach the casualty
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			<p>VI. Ensure bystanders stand back more than 2 M</p> <p>VII. Single first aider retains responsibility for the casualty until you hand over to the ambulance</p> <p>VIII. Only deliver CPR by chest compressions or use a mouth guard mask</p> <p>10) Customers and instructors should understand basic rescue procedures in the event of an accident including the requirement for increased self-reliance on self-rescue, this is factored into the instructor choice of activity and venue. An escalating rescue procedure should be applied,</p> <ol style="list-style-type: none"> I. Self- rescue, 'swim to the shore' i.e. shore within swimming distance for typical person, 8-10m? Down climb? II. Talk the casualty through a self-rescue from 2m distance. III. Apply a reaching rescue with a device over 2 m in length with a moving recovery to ensure 2m distance in maintained, a sling/ rope, assisted hoist, clip stick, pole and hook etc IV. Apply a throwing rescue with a device over 2 m in length with a moving recovery to ensure 2m distance in maintained. A rope with krab, throw rope, rescue tape V. Apply a distance rescue by approaching casualty but remain 2m apart and applying one of the above. VI. As a last resort a contact rescue, the rescuer and casualty are both to wear mask, gloves and eye/face covering to avoid face to face contact, aerosol contamination, (PPE to be carried and accessible) <p>11) Clients need to take ownership of any personal medical problems, instructor to check and the instructor to be considerate of these problems in planning any activity.</p> <p>12) Give thought to wind direction and sunlight.</p> <ol style="list-style-type: none"> I. Select a breezy venue and teach across the wind so contaminates are blown away from the group and instructor. II. Select a sunny venue and teach by moving position to ensure group exposed to sun from multiple directions so the group and equipment
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				<p>are exposed to UV light <i>Note: long term exposure of equipment to UV should be avoided this is short term.</i></p> <p>13) Communication in poor conditions, esp, wind and rain, will be difficult, small hand held radios may enable social distancing, use of mobile phones, back to the wind/rain.</p> <p>14) Use less frequented venues to minimise contact with other groups and individuals</p> <p>15) A conservative approach to venue and activity choice, factor into instructors meeting venue choice and selection, check and challenge. The same learning can be achieved in less intimidating environments.</p> <p>16) Social and equipment bubbling, hygiene and risk management. Including either working; - 1 household / covid bubble without social distancing between the group but maintaining where possible between instructor and group. -OR up to 5 people from different households to an instructor. Segregated from any other groups operating at the same venue.</p> <p>In both scenarios the instructor is to use hand sanitizer or gloves and face coverings appropriately where social distancing of 2m is not possible (eg physical help with harness') and limiting time spent nearer than 2m to a minimum.</p> <p>17) Changing facilities – Groups encouraged to change outside, in change tents where appropriate but then tent is to be dealt with as per other equipment. So before each session arrive in clothing happy to change in a car park and return in their cars sat on a towel.</p>
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