Chester Great Outdoors Club Risk Assessment

Generic Risk Assessment – Hill Walking in Summer Conditions

Activity: Hill Walking – Summer Conditions

Environment: UK upland / mountainous terrain

Participants: Volunteers, volunteer walk leaders, club and prospective club members

Assessment Type: Generic – Volunteer Led (to be supported by dynamic risk assessment on the day)

Useful References:

Members Area - Chester Great Outdoors Club – includes Insurance and Accident Reporting Statement; CGOC Leaders Notes; CGOC Safety Participation Guidelines, etc

BMC Into the Hills - A guide for new hill walkers.pdf

Countryside Code

Get to know British weather on the Hills - The British Mountaineering Council

Mountain Weather Information Service

Management of Health and Safety at Work Regulations 1999

All volunteer activity leaders are strongly encouraged to recce the route / activity prior to the event in order to identify potential hazards.

Version 1 – October 2026

CHESTER GREAT OUTDOORS CLUB

Hazard	Who May Be Harmed	Potential Harm	Control Measures (Volunteer-Led)	Residual Risk
Uneven ground, steep slopes, loose rock	Volunteers, participants, public	Slips, trips, falls, fractures	Routes planned to suit group ability; suitable footwear advised; pace set by volunteer leader; hazards highlighted during walk	Medium
Weather conditions (heat, sun, wind)	All participants	Heat exhaustion, sunburn, dehydration	Weather forecast checked in advance; start times adjusted; participants advised to carry water and sun protection; walk curtailed if needed	Medium
Heat exhaustion / dehydration	Participants, vulnerable individuals	Heat illness, collapse	Regular rest breaks; frequent hydration encouraged; leader monitors group wellbeing; shade used where possible	Low–Medium
Navigation errors / getting lost	Volunteers, participants	Fatigue, distress, prolonged exposure	Volunteer leader competent in navigation; map and compass carried; group kept together; head counts undertaken	Low

Fatigue / overexertion	Participants	Exhaustion leading to accidents	Route length and ascent appropriate; pace matched to weakest member; option to shorten route available	Low–Medium
Livestock and wildlife	Participants	Injury or distress	Participants briefed on safe behaviour; dogs not permitted; avoidance of livestock where possible	Low
Medical emergencies	Participants	Illness or injury becoming serious	Medical conditions encouraged to be disclosed; mobile phone carried	Medium
Remote locations / delayed emergency response	All participants	Worsening of injuries or conditions	Volunteer leader aware of access and escape routes; emergency procedures known (999/112 – Police – Mountain Rescue); group remains together	Medium
Roads, parking and access points	Participants, public	Collision with vehicles	Safe parking used; road safety briefing provided; high awareness near traffic	Low

CHESTER GREAT OUTDOORS CLUB

Emergency Procedures (Volunteer Led)

1. Stop activity and ensure scene safety
2. Provide first aid and prevent exposure
3. Call 999 or 112 – ask for Police then Mountain Rescue
4. Provide clear location, weather conditions and casualty details
5. Follow emergency service instructions and keep group together
6. Report incident to CGO Secretary

Review Date	Reviewed By	Comments / Changes Made
27th Oct 2026	CGOC Committee	1st Issue