

## **Specific Safety Procedures – Night Walk.**

- NW1 Description:**  
NW1.1 Low level interpretive walk in the dark.
- NW2 Learning Outcome**  
NW2.1 Find out about nature, mutual dependence, challenge and fun.
- NW3 Instructor:**  
NW3.1 Attended a Summer Mountain Leader Training Course or hold the basic Expedition Training Award or the equivalent level of knowledge  
NW3.2 Hold a valid first-aid certificate and have an understanding of “Inside Out” emergency procedures.  
NW3.3 To understand and practice risk assessment and to use judgement to modify the route if deemed necessary.
- NW4 Site Knowledge:**  
NW4.1 Be familiar with the route prior to leading groups in the area, and complete a basic route card.  
NW4.2 Stick to the planned route except during the emergency procedure.
- NW5 Participant Requirements:**  
NW5.1 Participant fitness is compatible with the proposed route.  
NW5.2 Adequate footwear is worn which is suitable for the terrain.  
NW5.3 Suitable briefing on the proposed route and aims of the exercise.  
NW5.4 Awareness of emergency procedures and escape routes in the event of instructor being incapacitated.  
NW5.5 Adequate protective clothing and equipment to undertake walk.
- NW6 Equipment:**  
NW6.1 Personal Equipment;  
  - Waterproof top and bottom
  - Spare warm clothing
  - Hat and gloves
  - Torch and spare batteries  
NW6.2 Group Equipment  
  - Group shelter (Tent, Bivi-bag or Pertex)
  - Sleeping Bag and Camp mat
  - First-aid kit (mobile)
  - flask (hot drink)  
NW6.3 No denim or heavy cotton clothing to be worn.  
NW6.4 Encourage several thin layers of clothing to be worn rather than one thick layer  
NW6.5 All participants made aware of the prevention and early treatment of blisters.
- NW7 Ratios:**  
NW7.1 One instructor to twelve participants (1:12)
- NW8 Weather**  
NW8.1 Consider the implications of prevailing and expected weather conditions on the group and modify route accordingly

## **Risk Assessment – Night Walk.**

<b>Hazards</b>	<b>Identify significant hazard which could cause harm:</b>
1.	Instructor.
2.	Site Selection.
3.	Participants.
4.	Equipment.
5.	Ratio.
6.	Weather.
<b>How</b>	<b>How will people be exposed to Hazard?</b>
1.	Insufficient knowledge or application of safety procedures.
2.	Route length and terrain unsuitable.
3.	Group behaviours and approach negative.
4.	Equipment faulty, not checked properly or not carried.
5.	Instructor cannot manage group effectively.
6.	Weather inappropriate or deteriorate during session.
<b>Risk</b>	<b>Evaluate risks arising from each hazard (High, Medium, Low)</b>
1.	Medium
2.	Medium
3.	Medium
4.	Low
5.	Low
6.	Low
<b>Action</b>	<b>Prescribed risk management strategies to remove hazard or reduce risk:</b>
1.	Qualification and pass out system. (L3, NW3)
2.	Criteria for site selection observed. (L4.1, NW4)
3.	Group Safety briefing. (L5, NW5)
4.	Equipment checks. (L6, NW6)
5.	Effective group management. (L3.4, NW7)
6.	Suitable clothing worn for conditions. (L5.5, L8, NW8)
<b>Monitor</b>	<b>How are risk management strategies monitored?</b>
1.	Instructor pass out system.
2.	Course report.
3.	Participant evaluation forms.
4.	Near-miss folder.
5.	Incident book.
6.	Weather forecast supplied.
<b>Review</b>	<b>Review date for this assessment:</b>