

Kintail Mountain Activities



Forcan
Inverinate
Kyle
Ross-shire
IV40 8HB

Qualified Climbing, Hill Walking & Mountaineering Instruction

Risk Assessment for: Winter Hill Walking/Mountaineering

Instructor holds Winter ML & may be assisted by Summer ML Holder with appropriate experience.

All clients are 18+ or accompanied by parent/carer.

First Aid kit, mobile phone (& radio if appropriate) carried by Instructor(s). (Mobile reception may be patchy or non-existent.)

Hazard	Risk	At Risk Instructor I Client(s) C Public P	Likelihood & Seriousness of Injury	Control Measures & Management	Remaining Risk Level
WEATHER	Hypothermia &/or exhaustion, particularly if delayed due to adverse weather incl whiteout, blizzard & strong winds	I C	Likely Fatal	<ul style="list-style-type: none"> Up to date mountain weather forecasts obtained & assessed prior to activity. Route & activity plan determined in light of current & forecast conditions. On-going assessment throughout activity of weather & underfoot conditions. Objectives and route amended as appropriate. Appropriate warm, waterproof, protective clothing worn – checked before departure. Energy-rich food & fluids carried. Instructor & client awareness & mutual vigilance. Emergency equipment & spare clothing carried (group shelter, survival bag, Blizzard bag, as appropriate). 	Low
	Cold Injuries Frost nip Frostbite	I C	Likely Serious	<ul style="list-style-type: none"> Appropriate clothing & footwear worn – checked before departure. Spare gloves available. Instructor awareness & vigilance of clients' condition. Plan for regular food and fluid intake breaks. Emergency equipment carried (group shelter, survival bag, Blizzard bag, as appropriate). 	Low
	Eye damage Injury from windblown snow, ice & grit; Snow blindness.	I C	Possible Very Serious	<ul style="list-style-type: none"> Goggles advised for adverse conditions. Sunglasses/goggles advised for bright days. 	Low
	Sunburn	I C	Possible Serious	<ul style="list-style-type: none"> Sunscreen advised for face & lips. 	Low

TERRAIN Steep, broken terrain; Slippery rock (including verglas); Snow on grass; Muddy, icy or loose paths; Steep snow & ice slopes; Cornices.	Slips and slides	I C	Very likely Fatal	<ul style="list-style-type: none"> • Appropriate footwear worn – checked before departure. • Training in use of ice axe & crampons given. • On-going monitoring & coaching of client's technique & safety. • Appropriate route choice to minimise consequences of hazard. • High risk areas highlighted to clients & managed effectively. • Use of helmets for novice clients on difficult terrain. • Rope, harnesses available/used as appropriate to safeguard clients on difficult terrain. 	Medium
	Ice/Rock fall	I C P	Possible Fatal	<ul style="list-style-type: none"> • During thaw conditions, avoid areas of greatest hazard. • Plan breaks/pauses in safest locations. • Wear helmets in hazardous areas. 	Medium
ICE AXE & CRAMPONS	Injuries from equipment	I C P	Likely Fatal	<ul style="list-style-type: none"> • Coaching on safe carrying of ice axe & crampons on/in rucksack. • Good teaching of ice axe and crampon use. • Briefing given on hazards when walking together. 	Low
SHORT DAY LENGTH Especially Dec/Jan/Feb	Benightment	I C	Likely Serious	<ul style="list-style-type: none"> • Realistic plan for the day with short-cut options. • Client fitness taken into account. • Late-back procedure in force. • Clients have suitable torches and spare batteries. • Emergency equipment carried (group shelter, survival bag, Blizzard bag, as appropriate). 	Low
AVALANCHE	Burial; Trauma Injuries; Terrain Traps.	I C P	Possible Fatal	<ul style="list-style-type: none"> • Up to date mountain weather forecasts obtained & assessed prior to activity. • Past conditions and available SAIS forecasts interpreted. • Route/activity for day planned accordingly. • On-going assessment of actual & changing conditions – plans amended as appropriate. • Instructor has attended SAIS Scottish Avalanche Awareness (2014) & AMI/MTA Avalanche Avoidance (2012) workshops. 	Medium
OTHER HILL USERS	Falling debris; Avalanches triggered by others.	I C P	Possible Fatal	<ul style="list-style-type: none"> • Operations of other users on site should be identified & assessed. • Plans/location modified to reduce possible risk. • On-going awareness of others' positions relative to KMA party. • Awareness of possible terrain traps. 	Medium
WATER HAZARDS Burns, rivers, snow bridges, frozen lochans; marshy ground.	Lengthy detours leading to risk of exhaustion & hypothermia; Immersion hypothermia; Drowning; Physical trauma.	I C	Likely Fatal	<ul style="list-style-type: none"> • Up to date mountain weather forecasts obtained & assessed prior to activity. • Route/activity for day planned accordingly. • Care taken if/when crossing frozen watercourses. • Appropriate warm, waterproof, protective clothing worn – checked before departure. • Energy-rich food & fluids carried. • Emergency equipment carried (group shelter, survival bag, Blizzard bag, as appropriate). 	Medium
CLIENT ILLNESS	Medical conditions unknown to Instructors, resulting in illness, delay or benightment.	I C	Possible Very Serious	<ul style="list-style-type: none"> • KMA Participation Form completed by all clients. • Verbal check that any conditions disclosed before activity. • Clients carry own medication. 	Low
INSTRUCTOR INJURY OR ILLNESS	Unforeseen accident, injury or illness to Instructor in charge of party, resulting in their inability to proceed or lead party.	I C	Possible Serious	<ul style="list-style-type: none"> • Client(s) issued with written aide memoire detailing what to do in this eventuality – discussed with Client(s) before start of activity. • Emergency Services and KMA Leaders Emergency Contact Phone Numbers listed within aide memoire. • Clients kept aware of location throughout day and possible escape routes discussed as part of the learning process. 	Low

Risk Assessment Produced	06.02.2013	By: M Godfrey
Last Reviewed & Updated As Necessary	01.11.2018	By: M Godfrey
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