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| **Event Detail: (Group) (Location) (Age)** **Generic Extreme Weather Date of Assessment:** **Assessment completed by (Name): Due for review:**  |

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| **Hazard**  | **2 Who might be harmed?** | **3 Is the risk adequately controlled?** | **4 What further action is needed to control the risk?** |
| **THUNDERSTORM**  |  |  |  |
| Heavy Rain/Storm | ALL | * Understand potential weather. Plan appropriate programme, clothing, and equipment.
* Identify foul or alternative weather routes during planning.
* Obtain reliable daily weather forecast. Adjustments should be made at the beginning of the day. Staff, participants informed.
* Check top and bottom waterproofs, and suitability, before departure
* Carry spare suitable clothing
 | Provide clear information about suitable clothing and equipment to parents and participants  |
| Hail | ALL | * Walking – Waterproofs on with hoods up & seek shelter – if this is likely to deteriorate into a thunderstorm do not shelter under trees or overhangs.
* Driving - If hail is severe, stop and pull over to a safe place and remain inside the vehicle.
 | Provide clear information to participants and staff  |
| Lightning Strike | ALL | * Students to seek lower ground and shelter if caught out in a storm.

If it’s impossible to get off the hill when you’re caught out* Measure the time difference between lightning flash and rumble of thunder. A 3 second delay means the storm is approx. 1km away. A 6 second delay means it’s 2km away, etc. So, the longer the delay, the further away the storm, the more time you have to get to safety.
* Do not shelter under a tree, or any form of overhang.
* Separate from each other – approx. 3m. Do not “huddle” or use a storm shelter as you need to be “small”.
* Put your waterproofs on. Sit upright on top of insulating material such as your rucksack and/or sleeping mat.
* Keep all body parts off the ground. Keep hands on knees.
* Throw walking poles away from rucksack. Make sure they are not stood up.
* Other metal items of equipment apparently do not significantly increase the risk of attracting a strike but if it starts to hum and spark throw it to the side.
* If someone is struck by lightning, they will suffer severe burns. The strike also affects the heart and they are likely to have arrested
* IMMEDIATELY Call the Emergency Services with emergency phone if someone is struck
* Go into DRABC First Aid response. Treat for Shock. Probable CPR.
* Only resume the journey after 30min without thunder and lightening
 | Provide clear information to participants and staff First Aid training for all staff and participants. Refresh first aid treatment of burns and cardiac arrest - CPR |
| Loss of tents | ALL | * Tent to be erected fully with all guys firmly in place
* Alternative accommodation identified for emergencies.
* Use escape route as identified on the route plan
* Inform supervisor of intention to evacuate
 | Ensure storm shelters issued and that everyone has an orange survival bag as part of emergency kit.  |
| **HEAT** |  |  |  |
| Unusually high daily temperatures.High work rate due to carrying rucksacks and terrain. Reduced Shade | ALL | * Weather forecast obtained and circulated.
* If too hot, Alternative route and alternative plan agreed at beginning of day, or managed dynamically as day develops, if route allows.
* Potential for

Amendments to routes regarding distance or terrain Extended break periods. (Managed dynamically by staff)Extended lunch period in shade. 2 hours, ideally 1230-1430. Consideration to reduce load carrying activity (without compromising safety)* All First Aid kits (group and supervisor) to contain packet of rehydration sachets (eg Diarolyte or Boots Own). Encourage participants to get their own and discuss how and when to use.
* Full check of medical conditions and medication being carried by participants.
* Daily brief all on signs, symptoms and treatment of Heat Illness.
* Heat exhaustion is not usually serious if cooled within 30 minutes. If not cooled, treat as heatstroke. Ie as an emergency. Call emergency services.
* Go into DRABC First Aid response. Treat for Shock. Possible CPR.
* Sunscreen and hats mandatory.
* Water at all check points and check on personal consumption which should be .0.5 l/hr when above 25deg C. There is a risk of overhydration (hyper natremia) if consumption of water exceeds 1.25 l/hr for many hours. Chilled water/ice also available where possible. Caffeinated/high energy/stimulant drinks should be avoided.
* \*\*Wild country - water sources identified. If prove insufficient use escape route to evacuate and inform supervisor asap.
* Meal and snack planning to be appropriate to weather conditions. Avoid lots of Salty snacks – but they may also be required to deal with excessive sweating.
* Regular monitoring by staff. Intervention by staff if any doubt regarding fitness to continue.
* All staff fully aware of immediate treatments – water, sponges, sprays carried in all vehicles.
* All staff have full contact details to call assistance and /or emergency services.
 | 20 Conditions allow for journeying to go down to half of the required hours. The other half can be utilised with aim work. Eg Silver 7hr day = 3.5hrs journeyingStaff and Participants briefed to be self-aware and team/group aware. Refresh first aid training in signs, symptoms, and treatment of heat illnesses. \*\*water management procedure explained. That being to fill all water receptacles at every possible point.At water: Drink. Put all remaining water into minimum number of bottles/bladders. Fill empties with water from the stream. Steritab. Ensure escape routes and contact numbers are on route cards and teams know emergency routine |