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| **Activity:** | Off-Site Activities (General) in Terrain Zero | **Location:** | Off-Site. e.g., Cannock Chase, Local Walks etc. | **Last review date:** | December 2022 | **Produced by:** | Alex Windows (Section Leader) |
| **Next review date:** | December 2025 | **Quality Assured by:** |  |

* POR 9.28 Terrain Zero Definition (No Permit Required) - <https://www.scouts.org.uk/por/9-activities/#9.28>
* TSA Terrain Zero Activities Guidance - <https://www.scouts.org.uk/volunteers/running-your-section/programme-guidance/general-activity-guidance/hillwalking/terrain-zero-activities/>

| **What are the hazards?** | **What are the risks?** | **Who is most at risk?** | **What control measures will be put in place?** |
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| **Group Management** | Becoming lost - If wandering off and becoming lost, may become distressed and if they suffer an accident, may not be able to receive the help needed.  Disorientation | Young People. | * Leaders should assign a number to young people and count them in and out of the activity regularly. * Group leaders (e.g., sixers and patrol leaders) should take care of the younger members of their group and prompt working together with everyone involved so no one is left out. * Leaders should advise young people on the boundaries of the activities and set meeting points for the start and end of activities. * When walking as part of a group young people should not walk ahead of the leader at the front, unless instructed otherwise. * Young people may split into smaller groups. These could stay within ~3 km and ensure communication can be maintained. * Appropriate consent and personal information, including medical information, should be carried for all young people, including young leaders. * Make sure young people do not wander off on their own. Group leaders (e.g., patrol leaders) should aid adult leaders by watching out for younger or vulnerable members. |
| **Terrain** | Uneven Ground.  Debris.  Tripping/Falling. | Young People. | * Check and follow any site-specific rules or instructions, according to the site's own safety policy. * Leaders should check areas for hazards and debris, before highlighting them to young people or removing them. * Participants should be advised on suitable footwear, and they should be checked at the start by a leader. * Stay away from large bodies of water, such as rivers or lakes. |
| **Forestation**  **(Trees)** | Impact injury  Falling | All. | * Young people should not climb trees in the dark. * Avoid activities in trees during high winds. * Assess the trees in activity areas for damage or disease. * Move activity indoors or to a different area if a tree is unsafe.   **Warning Signs of Tree Damage/Disease:**   * Top heaviness, e.g., as indicated by excessive swaying in the wind. * Lifting root plate, tearing out of roots, extensive root damage, or root loss. * Large cracks in the ground around tree roots. * Cracks or splits in trunk or large limb. * Broken trunk or large limb. * Hanging broken trunk or large limb. * Large amount of decay in a trunk or large limb. * Forks involving big limbs that show signs of weakness or possible failure at the centre of the fork. * Signs that the tree is in poor health, or may be dying, e.g., smaller than normal leaves, dead leaves in summer, dead limbs, much fungal growth. |
| **Visibility** | Increases risk of tripping and other accidents due to the inability to perceive trip hazards. | Young People. | * Torches should be used during activities in the dark to aid visibility, leaders to advise young people to bring them. * Leaders must check the weather before undertaking activities, visibility and darkness will vary depending on cloud cover as well as the amount of additional lighting, such as street lighting. * Leaders may advise torches to be kept turned off so as not to impair night vision and restrict the field of vision. |
| **Behaviour** | Impact injuries etc. | Young People. | * Young people should be briefed on appropriate behaviour in the environment and what is expected of them. * An adult leader should explain specific rules relating to the event, location or activity before young people participate. * Young people must not be allowed to play fight. |
| **Equipment** | Impact injury  Blunt injury | All | * Leaders should check if the equipment is working or not damaged before use. * Young people should be shown how to use and carry equipment correctly by an adult leader. * Equipment should be tidily stored in a central location when not in use. |
| **Public and other users** | Trespass.  Disruption. | Young People. | * Respect other people and when passing buildings, maintain a suitable level of noise. * Take care around private residences to respect others’ privacy and not intrude on land or be too loud. * When walking along footpaths, apply the 'to the left' rule. An adult leader should indicate to move over to the left to allow other users to move past with plenty of space. * Groups to keep quiet when approaching and passing private residences. * Expectations to be set out by leaders before passing such areas. * Torches should be kept off or dimmed and pointed away from houses when passing near residences. |
| **Roads** | Car collision  Impact injury | Young People. | * Cross the road as a group or in small groups if required and when it is safe to do so as determined by a leader. * Young people must only cross a road when instructed to do so. * Wear high visibility clothing, particularly if there is low lighting or walking alongside roads. * Torches should be kept switched off or dripped when near to or crossing roads to prevent dazzling drivers. |
| **Exertion** | Dehydration  Hunger  Exhaustion | Young People. | * Young people should be advised to tell a leader if they are feeling unwell or have any problems. * Leaders should remain extra vigilant of those who may not have eaten or be drinking sufficiently. * Young people should be advised to stay in groups walking at a comfortable pace for the slowest member to better mind footing. |
| **Weather** | Discomfort.  Getting lost/stranded. | All | * Leaders should obtain a comprehensive suitable weather forecast, before embarking. Equipment, route, or advice should be adjusted as required. * Participants should be advised by a leader on the suitable clothing to wear and carry. * Leaders should check everyone is suitably equipped at the start. * Leaders should monitor the weather forecast in advance and during the activity - if heavy rain is forecast then an alternative route could be planned or adapted. * Escape routes and alternative routes should be identified. |
| **Hot Weather** | Dehydration.  Exhaustion.  Heat/Sunstroke.  Sun Burn. | Young People. | * Adult leaders should be available to spot the signs of dehydration and exhaustion. * Leaders should bring additional water to activities and provide a shaded area. * Young people should put on sun protection as required, as advised by leaders. They must apply their own sun protection or be aided by another young person. * Sun protection should not be supplied or applied by an adult. * Young people should bring their own sun protection (and parents advised to do so well before the activity) to avoid any allergic reactions – these should not be provided by leaders. |
| **Cold Weather** | Hypothermia.  Getting Wet.  Poor Visibility. | Young People. | * Young people should wear an appropriate level of clothing depending on the weather conditions, as advised by leaders. Make sure everyone knows what kit works to keep them warm and dry. * Leaders should assess the weather conditions before undertaking and during a camp/ activity and decide if the event should take place or continue. * Hot drinks and soup could be considered to help keep you warm, hydrated and keep energy levels up. * Consider the effect of the cold and damp on leaders too, as they are overseeing the safety of others. Make sure that the opportunity to get warm and dry is available. Ensure rest periods are reviewed so that everyone is fit to do what is required of them. * Have lighting in your location and use torches or head torches to carry out your activities safely. |
| **Allergies** | Intolerances  Allergic reaction  Anaphylaxis | Young People. | * Details of allergies will be collected by leaders and stored securely. * Should members be likely to encounter allergens, additional precautions should be taken to avoid or remove the allergen. * Members susceptible to vegetative allergens should wear appropriate clothing to avoid contact. * Ensure any medication is readily available and it can be administered if it is required, especially for those susceptible to allergens. * Leaders should also pay attention to the pollen count. If this is high, hay fever sufferers may advise to wear wraparound sunglasses and bring any required medications. |
| **Medication** | Medical Conditions. | Young People. | * All medication, apart from those needed for emergencies, should be handed to leaders, who should be briefed on when and how they are needed to be taken. * Emergency medicines, particularly inhalers, can be kept on a young person or handed to a leader who will remain close by. * If required, additional measures should be put in place to ensure medication can be administered. * Ensure any medication is readily available and it can be administered as required. |
| **Animals and Plants** | Chased/trampled.  Bites/diseases.  Spikes / Toxins. | All. | * **Livestock** - Leaders will monitor livestock, especially when cows have young. Walk past livestock calmly and do not make sudden noises. An alternative route could be found to avoid crossing any fields with livestock present. * **Ticks** - Young people should be advised to walk in the centre of footpaths and avoid unnecessary contact with vegetation. Leaders could also advise participants to cover up, e.g., wear long trousers and sleeves if visiting tick prone areas. Young people could check themselves and each other regularly for ticks. Leaders should carry tick tweeters in first aid kits. Everyone should check themselves thoroughly when they get home, leaders to advise participants and parents. * TSA Guidance on ticks – <https://www.scouts.org.uk/volunteers/staying-safe-and-safeguarding/safety/keeping-safe-at-camp/ticks-advice-on-protection-prevention-and-removal> * **Plants** - Young people should be briefed to avoid some vegetation, such as Brambles, Nettles, Western Gorse etc. Young people could be advised to cover up, e.g., wear long trousers and sleeves if vegetation is likely to be dense. |
| **Access** | Injury.  Environmental Impact. | All. | * **Rights of way** – Ensure rights and responsibilities of land access are understood. As much as possible, plan hikes on public rights of way (PRoW) land or CRoW land (land subject to the countryside rights of way act). For other land, permission may need to be obtained to access it. * **Stiles** - Participants should take extra care when climbing over stiles, especially if the stile is wet or unsteady. Leaders could position themselves around the stile to aid/steady young people. Young people may want to remove their rucksack and pass it over the stile before stepping over themselves, to give them more stability. * **Gates and fences** - The route should avoid having to climb over fences or boundaries. Leave gates closed after use. * **Wildfires** – do not use flammable materials, including stoves, when vegetation/ground is dry. |
| **Emergencies** | Unable to get help or locate. | All. | * **Communication** - Every group should have an effective means of emergency communication with other groups, home contact (in touch) and emergency services. * **Authorisation/Inform** – send the T0 form to DC and GSL. * **Home Contact** (in touch) - Could be more than one person. Must be available ‘around the clock’ and they should be prepared to pass messages, including emergency communications, on from leaders to parents and vice versa, as well as other appropriate authorities. |