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| **Event Detail: (Group) (Location) (Age)** **Generic Extreme Weather Date of Assessment: March 2024****Assessment completed by (Name) Due for review: March 2025**  |

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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?** |
| **STORMS**  |  |  |  |
| Heavy Rain/Storm | Participants and staff. | * Understand and plan for potential weather. Plan appropriate programme, clothing, and equipment.
* Identify foul or alternative weather routes during planning.
* Obtain reliable daily weather forecast.
* Ensure teams are trained in recognising the \*time to, and method of, evacuation via agreed escape routes and emergency routine.
* 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.Training must include knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, and looking for signs which indicate \*changes in the weather.<https://www.metoffice.gov.uk/weather/learn-about/weather/types-of-weather>  |
| Hail | * 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 | * Students to seek lower ground and shelter if caught out in a storm.
* 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.

If it’s impossible to get off the hill or there isn’t time: -* 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 waterproofs on. Sit upright on top of insulating material such as the rucksack and/or sleeping mat. If the rucksack has metal in the frame, place it a safe distance away from you.
* Throw walking poles to the side and away. DO NOT stand poles up.
* Other metal items of equipment apparently do not significantly increase the risk of attracting a strike but if something starts to hum and spark throw it to the side.
* Crouch down on the balls of feet with feet together and place hands on knees. Keep all body parts off the ground. Do not lie flat on the ground.
* 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
* Team to inform Supervisor of delay, any injuries, and agree next meet point.
 | 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 | * Tent to be fully erected with all guys firmly in place. Bent pegs are useless.

**If Tents are “lost” or camping becomes unsafe (eg flooding)*** Inform supervisor of intention to evacuate camping site.
* Use escape route as identified on the route plan.
* Plan and have the means to immediately evacuate the whole group to identified alternative accommodation, or to home, in dire weather.
 | Ensure storm shelters issued and that everyone has an orange survival bag as part of emergency kit. Evacuation Plan identified and circulated prior to the event. |
| **HEAT** |  |  |  |
| Unusually high daily temperatures.Reduced ShadeHigh work rate due to carrying rucksacks and terrain. Dehydration * the body uses sweat to try and cool the body, loosing valuable liquids while not getting enough water to replace it. The blood thickens, reducing oxygen flow so the body starts shutting down functions starting with the saliva in the mouth – which is the first symptom.

Sunburn * Any exposed part of the body — including the earlobes, scalp and lips — can burn. Even covered areas can burn if, for example, clothing has a loose weave that allows ultraviolet (UV) light through. The eyes, which are extremely sensitive to the sun's UV light, also can burn.

Heat Cramps* Heat cramps are painful, involuntary muscle spasms that usually occur during heavy exercise in hot environments. The spasms may be more intense and more prolonged than are typical nighttime leg cramps. Fluid and electrolyte loss often contribute to heat cramps.

Heat Exhaustion * Heat exhaustion is a condition that happens when your body overheats. Symptoms may include heavy sweating and a rapid pulse. Heat exhaustion is one of three heat-related illnesses, with heat cramps being the mildest and heatstroke being the most serious.
 | Participants and staff | * Understand potential weather.
* Plan appropriate programme, clothing, and equipment.
* Weather forecast obtained and circulated for the day.
* Use the [Heat Health Alert Service](https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/heat-health-alert-service)
* Conditions above 95ºF (35ºC) are going to be hot. Other factors that will influence the situation are humidity levels (high=sodium depletion, low=heat stroke), wind temperature (cool/hot) and strength and cloud cover.
* If too hot, agree alternative route and supervision plan at beginning of day, or how it can be managed dynamically as day develops, IF the route and access to Participants allows.
* There is potential for
* Amendments to routes regarding distance or terrain.
* Award Assessment requirements 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 journeying
* Extended break periods. (managed dynamically by staff)
* Extended lunch period in shade.
* Consider reducing load carrying (without compromising safety)
* Staff and Participants briefed to be self-aware and team/group aware.
* Sunscreen and hats mandatory.
* 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.
* Water at all check points and check on personal consumption which is recommended to 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.
* 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.
 | 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. |

From [**https://www.dofe.org/run/expedition-faqs/**](https://www.dofe.org/run/expedition-faqs/)

