


Company Name	LOCH INSH	 LOCH INSH OUTDOOR CENTRE
Address of Premises	KINCRAIG INVERNESS - SHIRE PH21 1NU TEL: 01540 651272	

Task	Walking	Risk Assessment No.	RAB 018
Name of Assessor	J Freshwater	Signature	J.Fresh
Assessment Date	11-09-2025	Review Date	11-09-2026

What are the significant hazards	Who might be harmed and how	What are you already doing	Do you need to do anything else to control the risk?	Action by Who	Action by Date	Completion Date
Injury due to falling/ tumbling	Staff and visitors of falling on uneven terrain	Checking personal kit prior to departure Briefing on conduct during walk Observing groups throughout the walk Carry First Aid kit, and Telephone	Call base for assistance if required Arrange uplift if required Leave route card at base	Instructor on day of walk	immediate and ongoing	
Physically unfit to complete planned walk	Staff and visitors at risk from underlying health issues	Talk to client if fitness is suspected to be an issue Consider shortening route along approved emergency exit routes Alert base on possibility of a pick up required Carry a First Aid Kit, Radio and Telephone	Call Base as above if required	Instructor on day of walk	immediate and ongoing	

Weather worsening considerably	staff and visitors at risk from changing weather conditions	Get weather forecast and consider route to be taken plus alternatives Check clients are adequately clothed Carry some spare clothing	Carry group shelter or other means of providing shelter	Instructor on day of walk	immediate and ongoing	
Dehydration	staff and visitors at risk of dehydration	All participants to bring their own hydration	Instructor to carry spare for emergency	Instructor on day of walk	immediate and ongoing	
Drinking water from streams and rivers (risk of contamination)	Staff and visitors at risk from contaminated water	Under no circumstances is a member of the group to drink or fill water bottles from streams en-route	Ensuring all groups have adequate drinking water at start of journey Instructor carries emergency bottle	Instructor on day of walk	immediate and ongoing	
Health issue restricting ability	Staff and visitors at risk from underlying health issues	Check medical declarations prior to departing Discuss activity with client to ensure they understand what they are undertaking Ensure any required medication is with client and they understand how to apply it.	Call Beach if required Instructor carries radio in dry bag	Instructor on day of walk	immediate and ongoing	
Drowning cold water shock	Staff and visitors at risk drowning cold water shock	Under no circumstances is a member of the group to go in to water en route to 'cool off'		Instructor on day of walk	Immediate and ongoing	
Hypo/Hypertermia	Staff and visitors either overheating or getting cold due to exposure	Ensure clients and staff are dressed to suit the weather conditions. Regular breaks. Carry spare water and ensure all clients bring water. Length of route to suit the ability and fitness of the entire group.	Instructors also carry extra clothing	Instructor on day of walk	Immediate and ongoing	

Lyme's Disease	Staff and visitors getting a tick bite which develops into Lyme's Disease.	Long sleeves to be worn and advised about tucking trousers into socks. Students advised to check for ticks post activity.	Clients briefed about ticks and signs of lymes disease and to report any ticks to a member of staff who will remove them correctly.	Instructor on day of walk	Immediate and ongoing	
Poor visibility	staff and visitors	During torch walks Make sure all participants have torches and are aware of the dangers at night	Strict monitoring of session ensuring kids maintain discipline	Instructor on day of walk	Immediate and ongoing	
spikes and branches	staff and visitors	Stick to route with wide comfortable clear path through trees / wooded areas	Don't be tempted to deviate from agreed route	Instructor on day of walk	Immediate and ongoing	
Running out of Batteries	Staff and visitors	Make sure torches have sufficient battery life for the duration of walk	always carry a spare wind up torch for emergencies	Instructor on day of walk	Immediate and ongoing	
Lost or emergency	staff and visitors	have an emergency evacuation plan set with Supervisor at the beach. Never split your group.	carry a whistle to help guide rescue party to your location	Instructor on day of walk	Immediate and ongoing	