

# RESCUE

Emergency Care

## C E R T I F I C A T E

*This is to certify that*

**Sip Powers**

*has passed the following*

**Advanced First Aid (Expedition)**

*meets with*

**Rescue Emergency Care Scheme Guidelines**

*following attendance at*

**Leek Camping Barns**

*This certificate is valid for 3 years from*

**09-07-2023**

*Registered REC First Aid Provider*

**Allan Shaw, ashawexperience**

Training Director

Dr R M Phillips



Trainer

Allan Shaw

Assessors

Allan Shaw



Certificate No. 20955-22162



**Rescue 3 International hereby certifies that**

**Sip Power**

**Has completed all the requirements for  
Water Safety for Expedition Leaders**

<b>Location</b>	Buxton
<b>Date of completion</b>	27/11/2022
<b>Expiry date</b>	27/11/2025
<b>Skill sheet number</b>	101-000022-00160534
<b>Training provider</b>	Plas y Brenin
<b>Instructor</b>	Jon 'Spike' Green
<b>Course standard</b> <small>(includes contact hours and operational remit)</small>	<a href="https://www.rescue3europe.com/courses/water-safety-for-expedition-leaders-wsel">https://www.rescue3europe.com/courses/water-safety-for-expedition-leaders-wsel</a>

**Rescue 3 International**

A handwritten signature in blue ink, appearing to read "Jennifer Mills".

**Rescue 3 Europe**

A handwritten signature in blue ink, appearing to be a stylized "JG".

**Certificate**



# Pearson BTEC Level 5 Diploma

in TEACHING IN THE LIFELONG LEARNING SECTOR

is awarded to

**SIMON IAN POWERS**

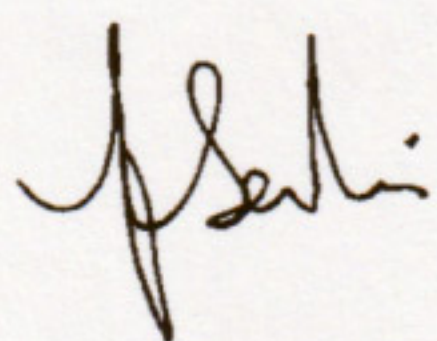
who has completed an approved programme at

**DEFLOG VQ TRUST LTD**

**AWARDED : OCTOBER 2014**

THIS DOCUMENT CONSISTS OF MORE THAN ONE PAGE

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Lesley Davies  
Responsible Officer  
Pearson Education Ltd.







# Level 7 Certificate in Leadership and Management

601/2510/X

Is awarded to

**Simon Powers**

Through

**Royal Military Academy Sandhurst**

Awarded by  
The City and Guilds of London Institute



Awarded 19 February 2016

**Chris Jones**  
Director-General  
The City and Guilds of London Institute

190216/8617-21/795045/PJC5367/M/06/12/70  
5501635167/250

**John Yates**  
Group Director  
ILM

Regulated by

**Ofqual**

For more information see <http://register.ofqual.gov.uk>







This is to confirm that

**Sip Powers**

115841

Has Passed

**International Mountain Leader**

Completion Date

**17/01/2020**

Course Provider

**Glenmore Lodge**

Course Director

**Jon Jones**

In accordance with the training platform of the Union of International Mountain Leader Associations (UIMLA). Approved by UIMLA.



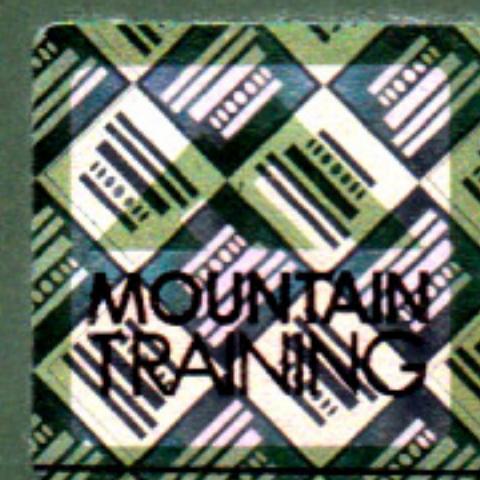
01690 720272



info@mountain-training.org



www.mountain-training.org



10008468



# Tutor Award

## National Navigation Award Scheme

This is to certify that

**Sip Powers**

attended a course at

**Nigel Williams**

and satisfied the assessment criteria

**Nigel Williams**

course instructor

**26/08/2019**

date



tahdah digital claim code: POWE0N1341229469

Recognised by  
British Orienteering, the Royal Institute of Navigation, Mountain Training

Sponsored by Suunto Compasses and HARVEY Maps

**SUUNTO**







JOINT SERVICE MOUNTAIN TRAINING CENTRE  
(JSMTc)



JOINT SERVICE ROCK CLIMBING INSTRUCTOR COURSE  
(RCI)

No: 24876843 Rank: WO1 Name: POWERS

Unit: HQ POSTAL & COURIER TROOP

**Course Content** The Joint Service Rock Climbing Instructor is a 5-day course to train and assess personnel in the skills required to conduct multi-pitch rock climbing activities. Once registered and approved by the Lead Centre, the Rock Climbing Instructor can conduct the RCP course as Distributed Training.

**Course Aim** The aims of the Joint Service Rock Climbing Instructor are to:

- Achieve the aim of AT through the challenging activity of rock climbing.
- Train and assess a candidate's ability to lead 2 climbers on multi-pitch climbs compatible with log book experience.
- Train and assess personnel in the skills required to conduct a RCP course as Distributed Training.

**Result**

Pass ☒ Deferred ☐ (See Student Action Plan)

**Caveats and / or Qualification Limitations**

- Lead up to 2 persons on multi pitch climbs, at a grade compatible with their logbook experience, in summer conditions.
- Supervise and instruct rock-climbing activities, including continuation training for RCL and RCI candidates.

A more detailed explanation is available in JSP 419.

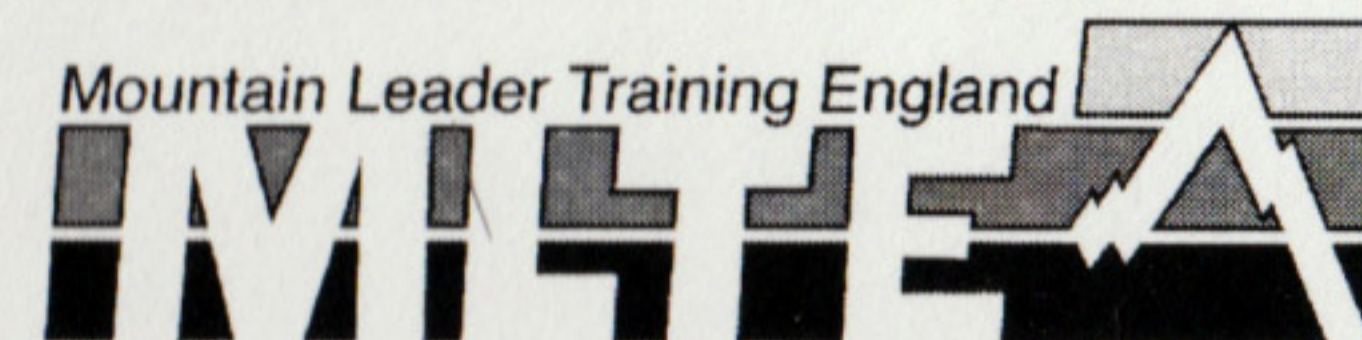
**Recommendations**

Course Dates: 11-21 Nov 08  
Course CATAQ Code: 6920  
Instructor(s): Mr P Rafferty

*S Higgins*  
Name: S HIGGINS  
Rank: Capt (MAA)  
OC Ripon Wing  
for Commanding Officer

**"It is your responsibility to ensure this course result is recorded on JPA".**

It is the responsibility of the award holder to ensure they remain current, competent and maintain an in-date Log Book. See JSP419.



177-179 Burton Road, Manchester M20 2BB  
Tel: 0870 010 4878 Fax: 0161 445 4500

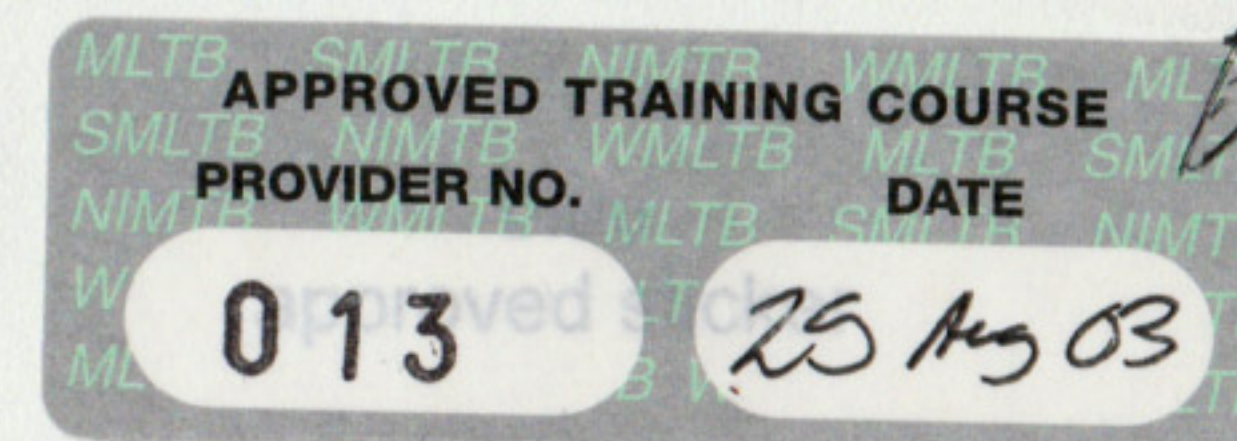
**SINGLE PITCH AWARD**  
for climbers leading and supervising groups

**Endorsement Page**

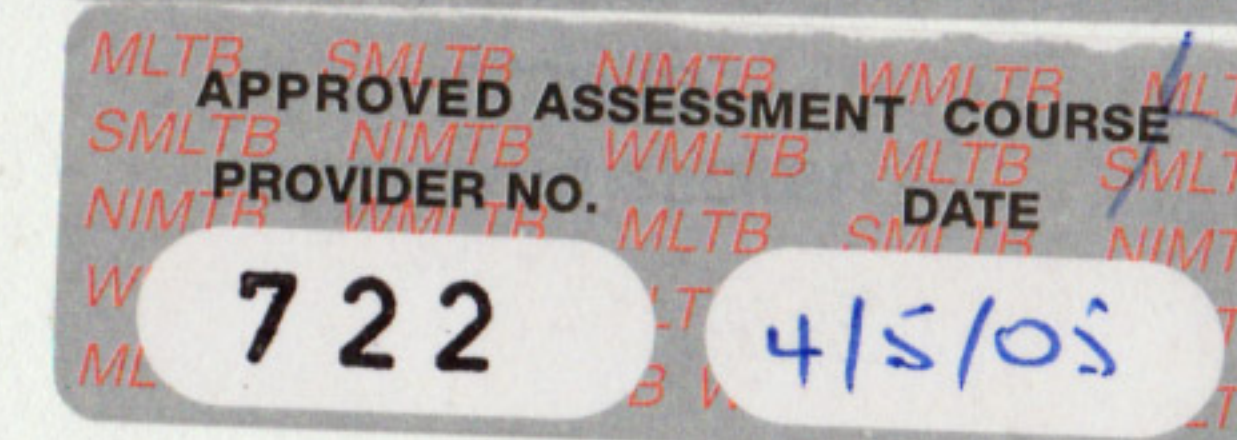
**NAME:** Sip Powers

**REGISTERED:** 01/08/2003

**TRAINING:**



**ASSESSMENT:**



**CANDIDATE REFERENCE NO.**

115841





**JOINT SERVICE MOUNTAIN TRAINING CENTRE  
(JSMTC)  
MOUNTAIN EXPEDITION LEADER SUMMER  
(MLS)**



No: 24876843 Rank: WO2 Name: POWERS

Course No: Unit: ARMY RECRUITING TEAM

**Course Content.** The Joint Service Mountain Expedition Leader (Summer) is a 5-day course to assess the skills of Service personnel to lead a group in summer mountaineering. Once qualified the MLS is to register and seek approval from the Lead Centre to conduct SMP courses as Distributed Training (DT). MLS courses conducted by JSMTC are accredited by the Regional Mountain Leader Training Boards (MLTBs).

**Course Aim.** The aims of the Joint Service Mountain Expedition Leader (Summer) course are to:

- Achieve the aim of AT through the medium of summer mountaineering.
- To assess the candidates ability to lead a group over mountainous terrain below the snow line, in summer conditions.
- Train and assess personnel in the skills required to conduct a SMP course as Distributed Training.

**Result**

Pass ☒ Deferred ☐ (see student action plan) Fail ☐

**Caveats and/or Qualification Limitations**

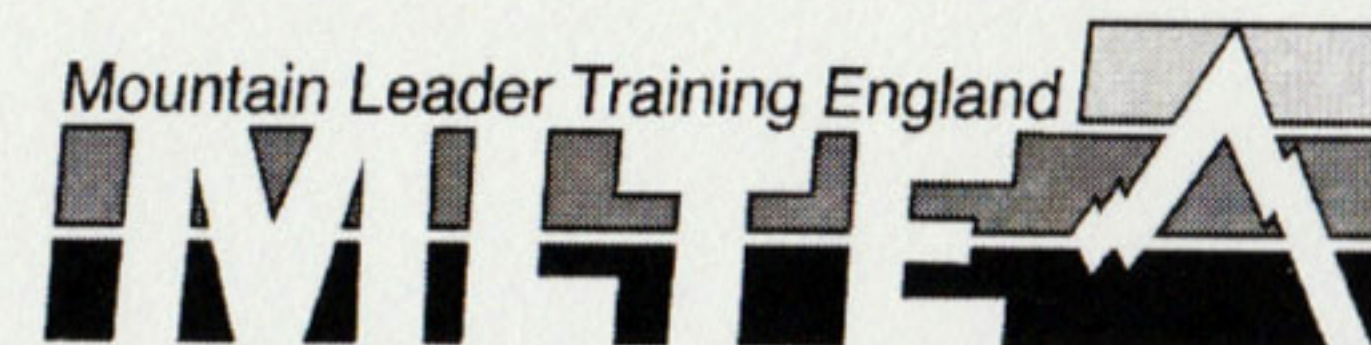
MLS award holders may operate at a ratio of 1:8 when students are SMP qualified or 1:6 with novices. Award holders may lead expeditions world-wide, in summer conditions, below the snowline.

**Recommendations**

Course dates: 11<sup>th</sup> June 2007  
Course CATAQ code: 1885  
Instructor(s): Mr D Rees

K Hodgson  
Lt Col  
Comdt

It is the responsibility of the award holder to ensure they remain 'in-date' and current, a more detailed explanation is available in JSP 419.



177-179 Burton Road, Manchester M20 2BB  
Tel: 0870 010 4878 Fax: 0161 445 4500

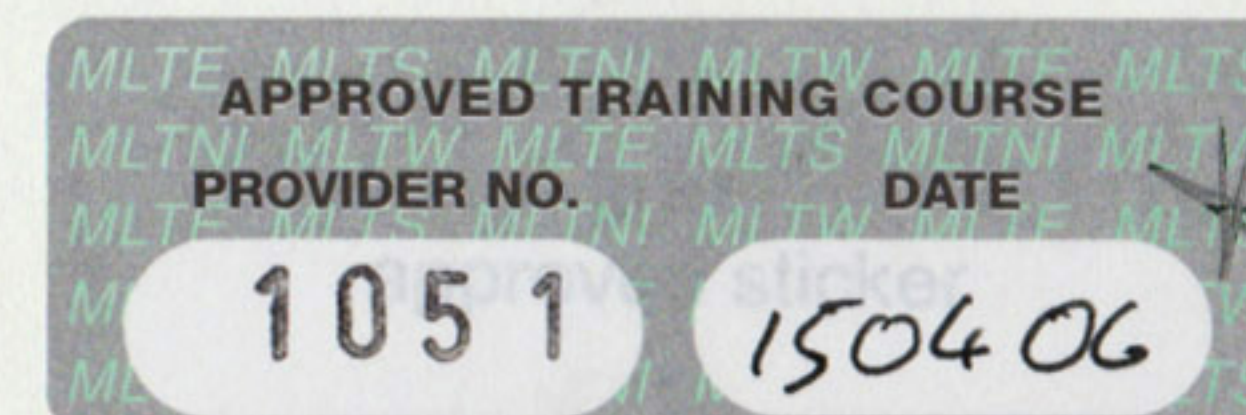
**MOUNTAIN LEADER AWARD**

**Endorsement Page**

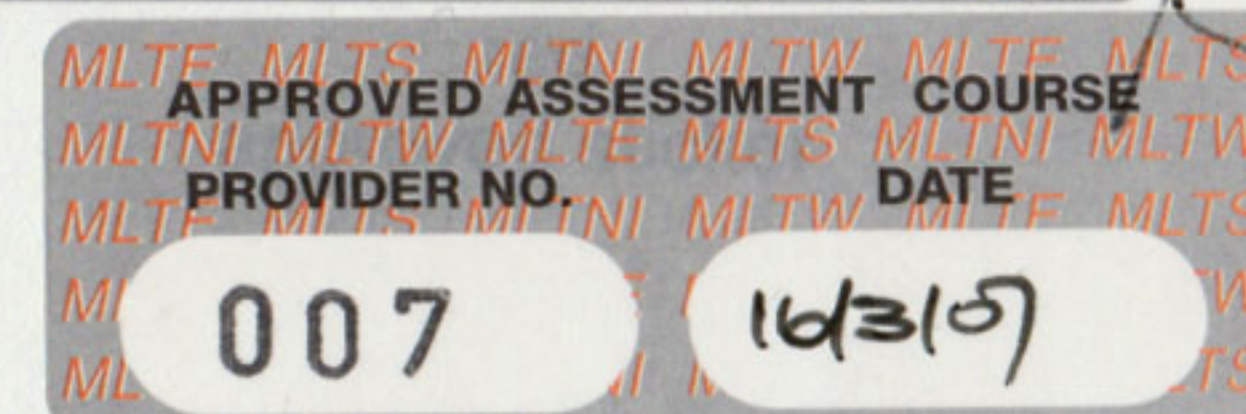
**NAME:** Sip Powers

**REGISTERED:** 01/08/2003

**TRAINING:**



**ASSESSMENT:**



**CANDIDATE REFERENCE NO.**

115841



# Travel Insurance

## Insurance Product Information Document



**Company:** The policy is underwritten by Endurance Worldwide Insurance Limited, a wholly owned subsidiary of Sompo International Holdings Ltd., registered in England and Wales, Registration Number 04413524, home state, United Kingdom. Registered Office: 2 Minster Court, 1st Floor, Mincing Lane, London, EC3R 7BB. Endurance Worldwide Insurance Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulatory Authority under registration number 219654. This can be found on the Financial Services Register at [www.fca.org.uk](http://www.fca.org.uk).

**Coverholder:** Arranged by PJ Hayman & Company Limited on behalf of The British Mountaineering Council. PJ Hayman & Company Limited registered address: Stansted House, Rowlands Castle, Hampshire PO9 6DX. PJ Hayman & Company Limited are authorised and regulated by the Financial Conduct Authority (FCA).

**Product:** BMC Single Trip & Annual Multi-trip Travel Insurance Policy

**This document provides a summary of cover, including important limitations and exclusions only. For full terms and conditions please see your Policy Wording and Schedule.**

### What is this type of insurance?

This is a travel insurance policy either on a Single Trip or Annual Multi-trip basis as shown in your Schedule.

The limits of cover and excesses are provided in the 'Significant Features & Benefits' in the Policy Wording that can be accessed from the BMC website [www.thebmc.co.uk/modules/insurance/WhatsCovered.aspx](http://www.thebmc.co.uk/modules/insurance/WhatsCovered.aspx)



### What is insured?

#### Up to the Sum Insured as detailed in the Schedule

- ✓ **Cancelling/cutting short your trip** - loss of pre-paid travel and accommodation expenses in certain situations.
- ✓ **Emergency medical expenses** - including hospital fees, repatriation, search & rescue costs, funeral costs and other costs incurred if taken ill or injured on your trip.
- ✓ **Hospital inconvenience benefit** - benefit paid if admitted to hospital as an in-patient due to accidental injury or illness during your trip abroad.
- ✓ **Personal accident** - benefits if you suffer death, loss of limb or sight or permanent total disablement following an accident.
- ✓ **Baggage** - cover for items lost, stolen or damaged on your trip.
- ✓ **Passport** - costs to obtain temporary documents on your trip.
- ✓ **Baggage or sports equipment delay** - costs to replace essential items temporarily lost by the transport provider on your outward journey.
- ✓ **Personal money & travel documents** - cover for loss, theft or damage to personal money or travel documents.
- ✓ **Personal liability** - costs and expenses for amounts you are held legally liable for in respect of third party injury, death or illness or loss or damage to third party property.
- ✓ **Journey disruption including airspace closure** - cover for inconvenience and unused travel and accommodation costs if your journey is disrupted.
- ✓ **Delayed departure or trip cancellation** - benefits for delayed departure as a result of strikes, industrial action, adverse weather conditions or mechanical breakdown or technical fault or irrecoverable cancellation costs.
- ✓ **Missed departure or missed connection** - extra transport or accommodation costs to continue your journey or if you miss your outbound or return transport for certain reasons.
- ✓ **Travel risks** - a benefit in the event of you being hijacked or kidnapped during your trip and costs towards additional accommodation and travel costs if your trip is disrupted by a catastrophe.
- ✓ **Legal expenses** - legal advice, costs and representation incurred in pursuit of compensation and/or damages against a third party arising from your death or personal injury.
- ✓ **Loss of use of sports activity pack** - proportional costs refunded if you are injured or sick during your trip.
- ✓ **Pet care fees** - additional costs incurred if you are delayed in returning to your home from abroad or bought back by our assistance service to a hospital in your home area, due to injury or illness.

#### Extensions:

- **British Forces Posted Overseas & Embassy Personnel** - only applies if you have arranged cover and this is shown on your Schedule.
- **Winter Sports** - only applies if your Schedule shows that you have bought optional activity cover 'Alpine & Ski' or 'High Altitude & Remote Areas'.



### What is not insured?

- ✗ Any trip to a destination which is an area where the Foreign, Commonwealth & Development Office (FCDO) has advised against 'all travel' or that part of any trip which involves travel within an area where the FCDO has advised against 'all travel' (all cover under this insurance will cease immediately if you enter such an area, will recommence immediately you leave such an area).
- ✗ Claims in any way caused by or resulting from Covid-19 or any fear or threat of Covid-19.
- ✗ Your participation in any activity, other than an 'acceptable activity' shown in your Policy Wording, unless agreed by us and any additional premium has been paid.
- ✗ More than the maximum Sum Insured (including sub-limits) shown in your Schedule.
- ✗ The policy excess. You will have to pay the first part of most claims.
- ✗ Claim circumstances you were aware of before your policy was issued or trip booked (whichever is later).
- ✗ Drinking too much alcohol, any form of alcohol abuse, or alcohol dependency. We will not cover any claims that occur because you have drunk so much alcohol that your judgement is affected.
- ✗ Claims where you cannot provide sufficient supporting evidence. Loss or theft not reported to the Police within twenty four (24) hours.
- ✗ Losses recoverable elsewhere.
- ✗ Losses arising out of:
  - War (including civil), invasion, hostilities or warlike operations, rebellion, revolution, insurrection, civil commotion or terrorism
  - Suicide, self-injury or wilful act of self-exposure to terrorism
  - Any action or prohibitive regulations by customs or other government officials or authorities
  - Consequential losses
  - Currency exchange
  - Criminal acts of the insured



### Are there any restrictions on cover?

- ! Any claim where you did not comply with the Fit to Travel criteria.
- ! You will need to comply with any age limits shown in your Policy Wording. Certain levels of cover may be restricted according to your age.
- ! You will need to comply with any trip limits shown in your Policy Wording and Schedule.
- ! General exclusions apply to the whole policy. Each section contains additional exclusions, specific to the cover provided.
- ! There are General Conditions that you have to meet for cover to apply.





## Where am I covered?

- ✓ Cover will only apply within the geographical area you have selected. The area you have chosen will be shown on your Schedule.



## What are my obligations?

- When purchasing your cover, answer any questions we ask as truthfully and accurately as possible.
- Read your Policy Wording carefully to ensure you have the cover you need.
- You should take reasonable care to protect yourself and your property against accident, injury, loss and damage and to minimise any claim.
- Tell us as soon as possible if there are any changes to your circumstances that may affect your cover, or if it is likely you will need to make a claim.
- If you need to make a claim you must provide us with a completed claim form as soon as possible following any bodily injury, illness, incident, event, redundancy or the discovery of any loss or damage which may give rise to a claim under this policy.



## When and how do I pay?

You will need to pay your policy premium in full via the British Mountaineering Council in order for cover to apply. All cover will end if payment is incomplete or rejected, or if the policy is cancelled.

The premium can be paid using one of the payment options given to you at the time of purchase of this insurance.



## When does the cover start and end?

Annual Multi-trip travel insurance, covers a period of one year as shown on your Schedule.

Single Trip travel insurance covers the period from the date on which you pay your premium until the return date shown in your Schedule.



## How do I cancel the Contract?

You may cancel this insurance within 14 days of receipt of the documents for Single Trip & new Annual Multi-trip insurance, or within 14 days of the renewal date for renewing Annual Multi-trip insurance. Any premium already paid will be refunded providing you have not travelled, made or intend to make a claim and no incident likely to give rise to a claim has occurred.

The lead insured may cancel this insurance at any time after the cancellation period.

Annual Multi-trip cover - providing no claim has been made or is intended to be made and no incident likely to give rise to a claim has occurred.

Period of Cover:	Refund Due:
Up to two months	60%
Up to three months	50%
Up to four months	40%
Up to five months	30%
Up to six months	25%
Six months or over	No refund

Single Trip cover - 50% providing you have not travelled, no claim has been made or is to be made and no incident likely to give rise to a claim has occurred.



<p><b>Key Guidance</b> This section provides a quick overview of some of the key concepts in Risk Assessment (RA). Refer to Notes section for further information. The first line of the risk assessment table, below, shows an illustrative example.</p> <p><b>Hazard</b> is anything that may cause harm, e.g. working at height on a ladder.</p> <p><b>Risk</b> is the chance that someone or something could be harmed by the hazard, measured by combining (multiplying) the likelihood of it happening with its impact (severity). For example, there may be a 'possible' likelihood that someone that is not competent could fall from a ladder (3 rating – see right) combined with a 'moderate' impact of multiple injuries (2 rating), which creates a score of 6 (low risk). However, the risk should be reduced to as low as reasonably practicable (ALARP) through the implementation of control measures, such as ensuring that only trained people climb the ladder.</p> <p><b>Dynamic Risk Assessment</b> compliments generic and specific risk assessment. Regardless of completing this RA, it is beholden on the person creating the risk to continue to monitor the activity and the control measures. Any changes to the activity (including the environmental conditions) or the control measures, must be addressed via the mechanism of a dynamic risk assessment such that risks remain ALARP.</p>	<b>Likelihood (L)</b> 1 – Remote / Rare 2 – Unlikely 3 – Possible 4 – Probable 5 – Highly Probable (Almost Certain)	Multiplied by	<b>Impact (I)</b> 1 – Minor 2 – Moderate 3 – Major 4 – Severe 5 – Critical  <i>Note: impact number is unlikely to change with control measures</i>	Equals	<b>Risk Score Calculation</b>					
	<b>Likelihood</b>									
			1		2	3	4	5		
	<b>I m p a c t</b>		5		5	10	15	20	25	
			4		4	8	12	16	20	
3		3	6	9	12	15				
2		2	4	6	8	10				
	1	1	2	3	4	5				

**5 Step Process** → **Step 1** – Identify the hazards    **Step 2** – Decide who might be harmed and how    **Step 3** – Evaluate the risks and decide on precautions (control measures)    **Step 4** – Record your significant findings and include in Ex / Coord instructions as necessary. Implement control measures    **Step 5** – Review your risk assessment and update as necessary

<b>Dept / Company:</b>	Extreme Outdoors	<b>Assessor (Name):</b>	Sip Powers
<b>Activity / Course / Expedition:</b>	Mountain Foundation Course	<b>Assessor's signature:</b>	
<b>Generic or Specific Risk Assessment:</b>	Generic	<b>Assessment Date:</b>	Jan 23
<b>Relevant Publications / Pamphlets / Links:</b>	<a href="#">BMC Mountaineering Risk Assessment Appendix 5</a>	<b>Review Date for GRA (Step 5):</b>	Jan 24
	<a href="#">RoSPA Risk Assessments</a>		
	<a href="#">Mountain Rescue England &amp; Wales – Stay Safe</a>		
	<a href="#">Mountain Weather Information Service (MWIS)</a>		

(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)	(l)	(m)	(n)
Ref	Activity / element (Step 1a)	Hazards identified (Step 1b)	Who or what might be harmed and how, e.g. • Personnel - fatality • Staff / contractors - injury • General public - injury • Environment - spill (Step 2)	Existing control measures (Step 3a)	Assessment with existing controls			Is residual risk acceptable in the context of risk appetite for the activity? (Yes / No) – Refer to Risk Score Calculation above <i>If Yes, move to column (n). If No, identify additional controls (Step 3e)</i>	Reasonable additional controls that can be implemented to reduce risk to ALARP (Step 3f)	Reassessment with additional control measures			List required action(s) to instigate controls (Step 3j)
					L (1 to 5) (Step 3b)	I (1 to 5) (Step 3c)	Score (L x I) (Step 3d)			L (1 to 5) (Step 3g)	I (1 to 5) (Step 3h)	Score (L x I) (Step 3i)	
1.	MFC	Extreme weather conditions.  Hypothermia  Hyperthermia  Sunburn  Non freezing cold injuries	Multiple injuries / fatality to personnel, staff and instructors.	Activities within safety parameter of relevant publications, pamphlets and links as detailed above.  When planning an activity, a WBGT forecast should be used to inform the daily risk assessment. WBGT forecasts are required during the period 1 May to 30 Sep.  When heat illness symptoms are observed the activity must be paused, must be dynamically risk assessed and further mitigations must be applied with the activity recommencing with the approval of the Chief Instr.  All personnel are considered as un-acclimatised.  Personnel are to wear appropriate clothing as directed by the instructor(s).  Monitor work rate. The activity can stop, rest, find shade and reduce pace iot adjust to climatic and environmental conditions.  Instructor(s) to ensure that the weather or conditions are suitable for the activity to proceed. Extreme weather will permit suitable	2	3	6	Yes	N/A				Instructor(s) is to ask if any personnel are suffering from illness or injury.  Instructor(s) is to ask if everyone is appropriately hydrated.  Instructor(s) is to check the correct clothing is worn throughout.  Instructor(s) is to brief any supporting Instructors or perm staff of all their duties and all relevant safety point.  Any additional risk will be highlighted during the daily risk assessment.  Instructor(s) to provide candidates with close supervision.  Instructor(s) to ensure existing control measures are always adhered to.



(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)	(l)	(m)	(n)
Ref	Activity / element (Step 1a)	Hazards identified (Step 1b)	Who or what might be harmed and how, e.g. • Personnel - fatality • Staff / contractors - injury • General public - injury • Environment - spill (Step 2)	Existing control measures (Step 3a)	Assessment with existing controls			Is residual risk acceptable in the context of risk appetite for the activity? (Yes / No) – Refer to Risk Score Calculation above <i>If Yes, move to column (n). If No, identify additional controls</i> (Step 3e)	Reasonable additional controls that can be implemented to reduce risk to ALARP (Step 3f)	Reassessment with additional control measures			List required action(s) to instigate controls (Step 3j)
					L (1 to 5) (Step 3b)	I (1 to 5) (Step 3c)	Score (L x I) (Step 3d)			L (1 to 5) (Step 3g)	I (1 to 5) (Step 3h)	Score (L x I) (Step 3i)	
				<p>control measures to be implemented</p> <p>Instructor(s) to conduct dynamic risk assessments throughout the training period.</p> <p>Instructor(s) to deliver appropriate weather advice to the candidates to broaden knowledge of risk associated with adverse weather.</p> <p>Instructor(s) must have a means of communication between themselves, their CoC and emergency services.</p> <p>Instructor(s) are to assess the climatic conditions dynamically during the session and be aware of rising / falling temperatures.</p> <p>All personnel are to be in possession of an appropriate amount of water.</p> <p>All personnel encouraged to drink water throughout the training period.</p> <p>Candidates will be reminded to use the correct PPE such as sunglasses, hats and sun cream.</p> <p>Candidates to be able to recognise symptoms within each other.</p>									
2.	MFC	Underlying medical issues	Multiple injuries / fatality to personnel, staff and instructors	<p>Candidates to be fit and Healthy.</p> <p>Candidates are not to be under the influence of alcohol.</p> <p>Candidates to make instructor(s) aware of any medication that could impact their health.</p> <p>Candidates to make instructor(s) aware of any religious beliefs that has impacted their ability to consume food throughout the training period.</p> <p>Instructor(s) to carry a first aid pack to deal with any injuries / casualties that may occur.</p> <p>Candidates also to declare any previous injuries that may re-occur through training.</p> <p>Before applying for a course, candidate to declare that they are medically fit to attend.</p>	2	2	4	Yes	N/A				<p>Instructor(s) will constantly monitor Candidates throughout the training period and give advice and guidance when needed.</p> <p>Candidates are to carry personal meds and inform the Inst and fellow candidates of where they are stored and safe use in an emergency.</p> <p>Instructor(s) is to ensure the existing control measures and are adhered to.</p>
3.	MFC	Muscular strain and skeletal injuries	Multiple injuries / fatality to personnel, staff and instructors.	<p>Correct lifting and carrying techniques to be adhered to under guidance of the candidate's instructor(s)</p> <p>Instructor(s) will constantly monitor the candidates.</p>	3	2	6	Yes	N/A				<p>Instructor(s) is to ensure that they brief and demonstrate each activity that they expect the candidate to undertake.</p> <p>Instructor(s) to constantly monitor the exercise.</p> <p>Instructor(s) is to ensure the existing control measures and are adhered to.</p>
4.	MFC	Equipment failure	Multiple injuries / fatality to personnel, staff and instructors.	<p>The equipment is to be used for specified activities.</p> <p>Maintained iaw manufacturer's instructions and guidelines.</p> <p>Only serviceable equipment that has undergone a serviceability</p>	1	4	4	Yes	N/A				<p>Instructor(s) to continue to inspect equipment throughout the training period.</p> <p>If a piece of equipment if deemed to be unserviceable it should be returned to the</p>



(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)	(l)	(m)	(n)
Ref	Activity / element (Step 1a)	Hazards identified (Step 1b)	Who or what might be harmed and how, e.g. • Personnel - fatality • Staff / contractors - injury • General public - injury • Environment - spill (Step 2)	Existing control measures (Step 3a)	Assessment with existing controls			Is residual risk acceptable in the context of risk appetite for the activity? (Yes / No) – Refer to Risk Score Calculation above <i>If Yes, move to column (n). If No, identify additional controls</i> (Step 3e)	Reasonable additional controls that can be implemented to reduce risk to ALARP (Step 3f)	Reassessment with additional control measures			List required action(s) to instigate controls (Step 3j)
					L (1 to 5) (Step 3b)	I (1 to 5) (Step 3c)	Score (L x I) (Step 3d)			L (1 to 5) (Step 3g)	I (1 to 5) (Step 3h)	Score (L x I) (Step 3i)	
				check must be used.  Equipment will be checked pre and post activity.  Only qualified personnel will check the equipment for defects and deficiencies.									store's for investigation and an alternative must be issued.  Instructor(s) is to ensure the existing control measures and are adhered to.
5.	MFC	Clothing	Multiple injuries / fatality to personnel, staff and instructors	Suitable and serviceable footwear and clothing is to be worn.	1	2	3	Yes	N/A				Instructor(s) will constantly monitor Candidates throughout the training period and give advice and guidance when needed.  If a Candidate's clothing is unserviceable it must be changed.
6.	MFC	Candidate incompetence	Multiple injuries / fatality to personnel, staff and instructors.	Candidates to be briefed accordingly at the start of the training period.  Appropriate, safe, and efficient training to be provided to alleviate incompetence.	2	2	4	Yes	N/A				Instructor(s) to provide Candidates with close supervision.  Instructor(s) to select appropriate terrain for the ability of the Candidates.  Instructor(s) is to ensure the existing control measures and are adhered to.
7.	MFC	Blisters	Multiple injuries / fatality to personnel, staff and instructors.	Candidates to be made aware of the associated risk that come with inconsistent self-administration.  Candidates MUST try on all pieces of clothing and equipment before conducting training. If there are any signs of discomfort / pain, the Candidate should highlight this to the instructor(s).  Candidates are advised to wear appropriate footwear that has been 'broken in' prior to training.	3	1	3	Yes	N/A				Instructor(s) to continue to monitor all Candidates throughout the training period to minimise potential risk.  Instructor(s) is to ensure the existing control measures and are adhered to.
8.	MFC	Terrain	Multiple injuries / fatality to personnel, staff and instructors.	Participant to be made aware of the various types of terrain they may encounter during the training period  Instructor(s) to select an appropriate venue suitable for the Candidates.  Correct PPE to be worn whilst under instruction.  Instructor(s) to deliver mountain hazard advice to broaden Candidates knowledge.  Spotting and shepherding techniques should be used where appropriate.	2	4	8	Yes	N/A				Instructor(s) and Candidates to give extra attention to the ground condition and terrain they will be faced with throughout the duration of training.  Instructor(s) to dynamically assess the route choice and condition of the ground traveling on.  Instructor(s) is to ensure the existing control measures and are adhered to.
9.	MFC	Rock fall	Multiple injuries / fatality to personnel, staff and instructors.	Participant to be made aware of the various types of terrain they may encounter during the training period.  Candidates to be more aware when moving over uneven ground / loose rock.  Instructor(s) to select an appropriate venue suitable for the Candidates.  Correct PPE to be worn whilst under instruction.	2	4	8	Yes	N/A				Instructor(s) and Candidates to pass on information whilst traveling along the stated route.  Instructor(s) to make sure they deliver mountain hazards to Candidates before undertaking training.  Instructor(s) to continue to monitor all Candidates throughout the training period to minimise potential risk.  Instructor(s) is to ensure the existing control



(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)	(l)	(m)	(n)
Ref	Activity / element (Step 1a)	Hazards identified (Step 1b)	Who or what might be harmed and how, e.g. • Personnel - fatality • Staff / contractors - injury • General public - injury • Environment - spill (Step 2)	Existing control measures (Step 3a)	Assessment with existing controls			Is residual risk acceptable in the context of risk appetite for the activity? (Yes / No) – Refer to Risk Score Calculation above <i>If Yes, move to column (n). If No, identify additional controls</i> (Step 3e)	Reasonable additional controls that can be implemented to reduce risk to ALARP (Step 3f)	Reassessment with additional control measures			List required action(s) to instigate controls (Step 3j)
					L (1 to 5) (Step 3b)	I (1 to 5) (Step 3c)	Score (L x I) (Step 3d)			L (1 to 5) (Step 3g)	I (1 to 5) (Step 3h)	Score (L x I) (Step 3i)	
				Instructor(s) to deliver mountain hazard advice to broaden Candidates knowledge.									measures and are adhered to.
10.	MFC	Falls from height	Multiple injuries / fatality to personnel, staff and instructors.	<p>Instructor(s) and participant to highlight any potential fall sights, holes, drops or edges.</p> <p>Instructor(s) to deliver mountain hazard advice.</p> <p>Instructor(s) to select an appropriate venue suitable for the Candidates.</p> <p>Instructor(s) to make dynamic risk assessments when undertaking the activity.</p> <p>During safeguarding on steep ground (SOSG) training. Candidates should back up by a spare rope when appropriate.</p> <p>Helmets should be worn when training or assessing safeguarding on steep ground.</p>	2	4	8	Yes	N/A				<p>Instructor(s) to continue to monitor all Candidates throughout the training period to minimise potential risk.</p> <p>Instructor(s) is to ensure the existing control measures and are adhered to.</p>
11.	MFC - SOSG	Falls from height	Multiple injuries / fatality to personnel, staff and instructors.	<p>Instructor(s) to select an appropriate venue and route suitable for the candidates experience and level of training:</p> <p>Select routes that are known to the instructor (s).</p> <p>Instructors to have a means of safeguarding students.</p> <p>Instructor(s) to make dynamic risk assessments when undertaking the activity.</p>	3	3	9	Yes	N/A				<p>Any additional risk will be highlighted during the daily risk assessment.</p> <p>Instructor(s) to provide candidates with close supervision.</p> <p>Use of rope or ability to place protection to quickly safeguard students.</p> <p>Instructor(s) to ensure existing control measures are always adhered to.</p>
12.	MFC - SOSG	Terrain.	Multiple injuries / fatality to personnel, staff and instructors.	<p>Candidate to be made aware of the various types of terrain they may encounter during the training period.</p> <p>Instructor(s) to select an appropriate venue suitable for the candidates.</p> <p>Correct PPE to be worn whilst under instruction.</p> <p>Instructors to deliver mountain hazard advice to broaden candidate's knowledge.</p> <p>Correct manual handling techniques to be adhered to.</p>	2	4	8	Yes	N/A				<p>Instructor(s) and candidate to give extra attention to the ground condition and terrain they will be faced with throughout the duration of training.</p> <p>Instructor(s) to dynamically assess the route choice and condition of the ground traveling on.</p> <p>Any additional risk will be highlighted during the daily risk assessment.</p> <p>Instructor(s) to ensure existing control measures are always adhered to.</p>
13.	MFC - SOSG	Short roping, short/ long pitching.	Multiple injuries / fatality to personnel, staff and instructors.	<p>Candidate to be made aware of the various types of terrain they may encounter during the training period.</p> <p>Select routes that are known to the instructor(s).</p> <p>Instructor(s) to select an appropriate venue suitable for the candidates.</p> <p>Correct PPE to be worn whilst under instruction.</p>									<p>Any additional risk will be highlighted during the daily risk assessment.</p> <p>Instructor(s) to provide candidates with close supervision.</p> <p>Use of rope or ability to place protection to quickly safeguard students.</p>



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				Appropriate techniques used for the terrain.  Instructors to have a means of safeguarding students.  Instructor(s) to make dynamic risk assessments when undertaking the activity.									Instructor(s) to ensure existing control measures are always adhered to.
14.	MFC	Drowning, entrapment, and head injuries	Multiple injuries / fatality to personnel, staff and instructors.	Instructor(s) to prioritise using bridges, fords, and other forms of crossing a river before committing to river crossing techniques.  All Candidates are to provide their swimming ability level before attending the course.  Additional equipment to be used in emergency river crossing.  Instructor(s) to select an appropriate venue suitable for the Candidates.  Assessment of the hazards, Speed of flow, underlying hazards.  During planned river crossing for training and assessment purposes, buoyancy aids and helmets should be worn. The instructor(s) should carry a throw line.	1	4	4	Yes	N/A				Instructor(s) is to ensure the existing control measures and are adhered to.  Dynamically assessing Candidate's wellbeing and attitude towards training.
15.	MFC	Flash floods	Multiple injuries / fatality to personnel, staff and instructors.	Daily Risk assessment meetings to be conducted prior to the activity commencing to reduce risk.  Observation of weather forecast by instructor(s) and Candidates.  Dynamic risk assessing to be conducted throughout the training period.	1	4	4	Yes	N/A				Instructor(s) is to ensure they abide with their lesson plan and aims of that days training output.  Instructor(s) is to ensure the existing control measures and are adhered to.
16.	MFC	Benighted	Multiple injuries / fatality to personnel, staff and instructors.	Instructor(s) and personnel are required to carry a serviceable head torch with spare batteries during training.  Instructor(s) to carry a mobile phone in case of emergency.  Instructor to have a form of communication with their relevant CoC.	1	1	1	Yes	N/A				Instructor(s) is to ensure the existing control measures and are adhered to.  Instructor to work within the remit of the award they hold.
17.	MFC	Group separation	Multiple injuries / fatality to personnel, staff and instructors.	All Candidates are closely monitored by their instructor(s)  Separation is prohibited, unless working in pairs, during an emergency or when in sight of the instructor.  Candidates to be briefed on the immediate action procedure if they become lost.	2	1	2	Yes	N/A				Instructor(s) to brief Candidates on the actions on an emergency procedure.  Instructor(s) is to ensure the existing control measures and are adhered to.
18.	MFC	Indigenous hazardous plants	Multiple injuries / fatality to personnel, staff and instructors.	Instructor(s) to ensure the Candidates receive flora and fauna advice.  Instructor(s) to dynamically risk assess when delivering practical lessons on flora and fauna through the training period.  Appropriate supervision throughout to enable to safe systems of training is adhered to.	1	2	2	Yes	N/A				Instructor(s) to continue to monitor all Candidates throughout the training period to minimise potential risk.  Instructor(s) is to ensure the existing control measures and are adhered to.
19.	MFC	Fires Burns	Multiple injuries / fatality to personnel, staff and instructors.	Instructor(s) to allocate appropriate time in the training period to show and demonstrate the use of equipment that hold significant risk.	2	2	4	Yes	N/A				Instructor(s) to continue to monitor all Candidates throughout the training period to minimise potential risk.



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				Instructor(s) to provide guidance into where to use cooking equipment when outdoors, around tents and flammable equipment.									Instructor(s) is to ensure the existing control measures and are adhered to.
20.	MFC	Water pollution	Multiple injuries / fatality to personnel, staff and instructors.	Candidates to carry water.  Water purification tablets to be carried by both instructor(s) and Candidates when on expedition or during hot weather when extra water may be required.	1	2	2	Yes	N/A				Instructor(s) to show the Candidates the appropriate and safe use of water purification tablets.  Instructor(s) to make a dynamic risk assessment onto if a water source is suitable to use to replenish water.  Instructor(s) is to ensure the existing control measures and are adhered to.
21.	MFC	Rope burns	Multiple injuries / fatality to personnel, staff and instructors.	Use of correct clothing, such as gloves and PPE when handling ropes.  Correct techniques to be employed when handling the ropes.	2	1	2	Yes	N/A				Instructor(s) to monitor Candidates to ensure the correct technique and PPE is adhered to.  Instructor(s) is to ensure the existing control measures and are adhered to.
22.	MFC	Insect bites, stings, infections	Multiple injuries / fatality to Personnel, staff and instructors.	Candidate to annotate when completing the NoK form if they are allergic to any form of medication, form of insects / pollen or other.  The correct use of insect repellent.  Instructor(s) to ensure they carry a complement of initial first aid kit to tackle any minor injury.	1	3	3	Yes	N/A				Instructor(s) is to ensure the existing control measures and are adhered to.  Instructors to be mountain first aid qualified to enable them to administer effective first aid if needed.

Authorising Instructor	Name	Position (Chief Instr / Observer / Instr)	Date	Signature <sup>1</sup>
Existing and additional controls agreed				
Post Activity / Course / Exped confirm additional controls implemented worked. Any incidents or near misses must be recorded.				

<sup>1</sup> Can be electronic signature.



**NOTES****Risk = Likelihood x Impact**

Likelihood		Definition
5	<b>Highly Probable (Almost Certain)</b>	Is expected to occur in most circumstances
4	<b>Probable</b>	Will probably occur at some time, or in most circumstances
3	<b>Possible</b>	Fairly likely to occur at some time, or some circumstances
2	<b>Unlikely</b>	Is unlikely to occur, but could occur at sometime
1	<b>Remote / Rare</b>	May only occur in exceptional circumstances

Impact		Definition (Health Safety and Environment)
5	<b>Critical</b>	<ul style="list-style-type: none"> <li>Multiple fatalities or permanent, life changing injuries.</li> <li>Permanent loss or damage beyond remediation of an important and publicly high-profile natural resource, area or species.</li> <li>Multiple incidents causing a major environmental impact.</li> </ul>
4	<b>Severe</b>	<ul style="list-style-type: none"> <li>A single death or multiple life-threatening injuries.</li> <li>Severe damage over a wide area and/or on a prolonged basis to a natural resource, including controlled waters, or geography requiring multi-year remediation.</li> <li>Single incident causing a major environmental effect or multiple incidents causing significant effect.</li> </ul>
3	<b>Major</b>	<ul style="list-style-type: none"> <li>Single life changing injury or multiple injuries which have a short-term impact on normal way of or quality of life.</li> <li>Moderate damage to an extended area and/or area with moderate environmental sensitivity (scarce/ valuable) requiring months of remediation.</li> <li>Single incident causing significant environmental impact.</li> </ul>
2	<b>Moderate</b>	<ul style="list-style-type: none"> <li>Multiple injuries requiring first aid.</li> <li>Moderate damage to an area, and that can be remedied internally.</li> <li>Multiple incidents causing minor environmental effect.</li> </ul>
1	<b>Minor</b>	<ul style="list-style-type: none"> <li>An Injury requiring first aid</li> <li>Limited short-term damage to an area of low environmental significance/ sensitivity</li> <li>Incidents causing minor environmental impacts</li> </ul>

**Step 5** - Review the generic risk assessment and update if necessary - All generic risk assessments should be regularly reviewed at a frequency proportional to the risk prior to any controls being proposed. In practice generic risk assessments should be reviewed at least annually, or more frequently:

- where required by local instructions/procedures;
- if the safe execution of the activity relies on stringent supervision and/or adherence to a safe system of work;
- if there is reason to doubt the effectiveness of the assessment.
- following an accident or near miss.
- following significant changes to the task, process, procedure, equipment, personnel or management.
- following the introduction of more vulnerable personnel (e.g. persons under 18 or pregnant persons).

Risk Management	
Risk Rating	How Risk should be managed
<b>1 – 3 (Very Low)</b>	<b>Review periodically</b> to ensure conditions have not changed and working within ALARP and risk appetite.
<b>4 – 9 (Low)</b>	
<b>10 – 14 (Medium)</b>	<b>Good risk mitigations</b> to ensure that the impact remains ALARP and tolerable. Re-assess frequently to ensure conditions remain the same.
<b>15 – 19 (Medium to High)</b>	<b>Requires active management</b> – review of desired outcome with additional resources or change to output requirements.
<b>20 (High)</b>	<b>Contingency plans</b> may suffice together with limited risk mitigations to achieve risk ALARP and tolerable.
<b>25 (Very High)</b>	<b>Training capability</b> where the required outcome impacts on defined course/exped capability.