

ACTIVITY	8. Hillwalking, not Winter Conditions
HAZARDS	<ul style="list-style-type: none"> ✘ Falls ✘ Stone fall ✘ Water margins ✘ Getting lost ✘ Sudden changes in weather conditions ✘ Lightning ✘ Hypothermia/Hyperthermia ✘ Sunburn/dehydration
QUALIFICATIONS	→ See Adventure Activity Matrix
RATIOS	1: 12 with another responsible adult
CONTROL MEASURES	
<ul style="list-style-type: none"> → Emergency equipment/food/drink → Detailed weather forecast → Appropriate protective clothing → Maps, compasses and the ability to use them in poor visibility → Careful route selection 	
NOTES	
<ul style="list-style-type: none"> ▪ Unaccompanied walks (or 'remote supervision' expeditions such as those undertaken by DofE groups) are seen as a separate and distinct activity. As such they will require different strategies, preparation and route choice. ▪ They must carry their own emergency equipment. ▪ They must have clear and concise instructions for emergency procedures and have emergency contact numbers. These in turn must be permanently manned by a person who has a clear idea of the necessary action to be taken. ▪ It is good practice for each group member to have a waterproof card with contact numbers and the names of the other group members plus an emergency action plan. ▪ Mobile phones are frequently out of range in the hills and although useful at times, must thus be regarded as just another layer of cover. 	