

# Three Peaks Trial 2015 Risk Assessment

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Notes:

1. In the fifty+ years the event has been running, there has never been anything more than minor accidents (the occasional sprained ankle). The organisers have acquired considerable experience in running the event.
2. Each year after the event, the operation is examined to see what lessons can be learned for the following year.
3. Earliest volunteers are on site at 0700. The event can normally be considered over and base closed at about 2000.
4. The leaflet giving information to walkers (attached) is part of this risk assessment.
5. The briefing notes to volunteers (attached) is part of this risk assessment.
6. A risk analysis matrix, defining severity, likelihood and showing how the resultant risk is calculated from these is at the end of the assessment.
7. Longtown Mountain Rescue Team now assist by staffing high level checkpoints and providing radio communications. We also benefit from their experience in the event of problems. However, this Risk Assessment does not explicitly cover their activities as it is understood that from their experience they have their own. They are aware of this document.
8. The Police are informed about the event in advance.

	Hazard	Severity	Likelihood	Resultant risk	People affected	Control measures
<b>Part 1: Hazards on the walk</b>						
1	Road traffic accident	5	2	Medium	Entrants/ Checkpoint	<ul style="list-style-type: none"> <li>• Advise people of the hazards of traffic on roads and in the carpark.</li> <li>• Provide sign or marshal on exit from Skirrid (at access to road).</li> </ul>
2	Rail accident	5	1	Low	Entrants	<p>The route crosses the Newport – Crewe railway at an unmanned crossing point.</p> <ul style="list-style-type: none"> <li>• Advise people of the hazards of crossing railways</li> </ul>
3	Accident on the hills	3 to 5	3 to 1	Medium	Entrants/ Checkpoint	<ul style="list-style-type: none"> <li>• All entrants sign a declaration they have appropriate kit (see below)</li> <li>• There are random kit checks</li> <li>• Printed warnings are given of mountain hazards</li> <li>• Number of entrants walking on the day is limited to 900. This is</li> </ul>

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						<p>the limit advised by Longtown Mountain Rescue Team</p> <ul style="list-style-type: none"> <li>• The full circular clockwise route is now called the Gold. There is also shorter, “Silver” route, which has only two peaks and a “Bronze route”, shorter still with only one peak. Walkers having difficulty with the Gold or taking too long will be transferred to the Silver, Bronze or retired altogether. The Platinum route is linear.</li> <li>• There are 6 checkpoints on the Gold route, 3 of which are on mountain tops. 5 are manned, including all mountain top checkpoints.</li> <li>• There are 3 checkpoints on the Silver route, 2 of which are on mountain tops. All are manned.</li> <li>• There are 4 checkpoints on the Bronze route, one of which is on a mountain top. 2 (including the mountain top) are manned.</li> <li>• There are 4 checkpoints on the Platinum route, 3 of which are on mountain tops.</li> <li>• All manned checkpoints are in contact with base by radio and / or mobile phone.</li> <li>• Checkpoints have details of every walker and sign them off as they pass.</li> <li>• Information about changes – eg walkers changing route after registering or dropping out are relayed to base and then to checkpoints.</li> <li>• In the event of an incapacitating accident, walkers are advised to use their whistle using the emergency code to attract attention.</li> <li>• First aid kits are held at all checkpoints.</li> <li>• There are 2 phone numbers for base (one of which dedicated to texts) – these are made known to all.</li> <li>• There are volunteers at base available to transport people retiring from the walk and to assist in an emergency on the hills.</li> <li>• There is at least one trained first aider available.</li> </ul>

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						<ul style="list-style-type: none"> <li>• Longtown Mountain Rescue Team are advised if an accident occurs on the hills as they provide support.</li> <li>• If LMRT are unable to help, Emergency Services are informed via 999.</li> </ul>
4	Lightning strike	3 to 5	2	Medium	Entrants / Checkpoint	<p>Lightning could happen and potentially cause death, though the probability is very low. Guidance is given to walkers and checkpoints, including:</p> <ul style="list-style-type: none"> <li>• How to assess the distance of a storm and the risk</li> <li>• Safe places (eg buildings) to aim for if available</li> <li>• Posture and positions to adopt (or to avoid)</li> <li>• Locations to avoid.</li> </ul>
5	Collision of hang glider and walker	4	1	Low	Entrants	<p>In suitable weather, hang gliders use the Bloreng to take off. There is a chance one could crash into a walker, though there has never even been a near miss.</p> <ul style="list-style-type: none"> <li>• Low chance of hazard – no control necessary.</li> </ul>
6	Steep slopes/ Rough ground	3 to 5	3 to 1	Medium	Entrants/ Checkpoint	<ul style="list-style-type: none"> <li>• There are printed warnings of dangerous conditions, including known locations.</li> <li>• Otherwise, control measures are as for Hazard 3.</li> </ul>
7	Exposure	4 to 5	3 to 2	High	Entrants/ Checkpoint	<ul style="list-style-type: none"> <li>• There are tents at each high level checkpoint except Bal Mawr (there is a bivvy bag there). The tents are mainly for the use of the checkpoint teams, but can be used by walkers in an emergency.</li> <li>• The organisers reserve the right to cancel the event at any time including for safety reasons – eg dangerous weather conditions. This can happen after the event has started, in which case, walkers are informed at the next checkpoint and told to return to base by a low level route.</li> <li>• Otherwise, control measures are as for Hazard 3.</li> </ul>

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						<ul style="list-style-type: none"> <li>• Longtown Mountain Rescue Team man high level checkpoints and are able to provide specialist help on the spot.</li> </ul>
8	Sunburn / heat exhaustion	3	2	Low	Entrants/ Checkpoint	<ul style="list-style-type: none"> <li>• Water is supplied at low-level checkpoints and unmanned locations along linear route. Resupplied on demand.</li> <li>• Other relevant control measures as for Hazard 3.</li> </ul>
9	People get lost	4	3	High	Entrants/ Checkpoint	<p>Getting lost can result in higher likelihood of accident (3) and exposure (7) above.</p> <ul style="list-style-type: none"> <li>• Control measures to track people are as in Hazard 3.</li> <li>• Base is in contact with all checkpoints and keeps a record of all walker activity. A log is kept of all incoming information and outgoing information.</li> <li>• If walkers are unaccounted for after a reasonable time at a checkpoint, a missing person protocol is invoked, which is attached to this document.</li> <li>• we will try to contact them on the mobile number they have given if they are carrying a mobile phone.</li> <li>• If this fails, we will either redeploy any checkpoint staff to look for them or send out a team to look for them, depending on who can reach the last known area they were in soonest. In the event of an emergency the organiser in charge at the base will assume command.</li> <li>• If this fails, we call the emergency contact number we have for all entrants.</li> <li>• If this fails, we inform the emergency services.</li> </ul>
10	Falling in canal	3 to 5	1	Low	Entrants	This is a public low level route used by large numbers of people. No control measure necessary.
11	Canal underpass hazard	3	1	Low	Entrants	It would be possible to bang your head. This is on the canal towpath managed by the authorities. There has been no known instance during this event. No control measure necessary.

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12	Injury from farm animals	3	2	Medium	Entrants	<ul style="list-style-type: none"> <li>• All walkers are given the Country Code</li> <li>• All walkers are on public rights of way or on open land with de facto access.</li> </ul>
13	Health and fitness	5	2	Medium	Entrants	<ul style="list-style-type: none"> <li>• Walkers are warned that it is a highly challenging walk.</li> <li>• Control measures as for hazard 3.</li> </ul>
14	Disease hazards	4	1	Low	Entrants/ Checkpoints	<p>Lyme Disease and Tetanus have been identified as diseases that could occur. Other infections are possible, but rare and the control measures given will also control these. Lyme Disease is transmitted by infected farm animal ticks. Tetanus can occur if an open wound is infected on farmland.</p> <ul style="list-style-type: none"> <li>• Advise of the causes of these diseases (ticks and open wounds).</li> <li>• Advise that arms and legs should be covered to prevent ticks access to skin.</li> <li>• Any ticks found should be carefully removed, including their heads, and medical attention sought.</li> <li>• Inoculation against tetanus is advised.</li> <li>• If there has been any likelihood of contamination of an open wound in farmland and the person hasn't got an up-to-date tetanus inoculation, medical attention is advised.</li> </ul>
15	Children				Entrants	<p>Risks may be slightly higher than for adults.</p> <ul style="list-style-type: none"> <li>• No children under 12 are allowed.</li> <li>• Parent / legal guardian must sign a consent form for unaccompanied children under 18.</li> <li>• Members of scout packs and other groups may be exempt from the controls in this section if they can demonstrate that they have their own insurance and are adequately led.</li> <li>• Other control measures as above.</li> </ul>

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16	Runners				Entrants	<p>May arrive too early for first checkpoints.</p> <ul style="list-style-type: none"> <li>All entrants are advised of opening and closing times of checkpoints.</li> </ul>
17	Change of condition of route	3	2	Low	Entrants	<ul style="list-style-type: none"> <li>Conditions requiring a change of the route in a critical place could increase risks. Local Authority and National Park to be contacted beforehand to ascertain any necessary changes. These are then informed to entrants as necessary.</li> </ul>
18	Weather conditions	5	3	High	Entrants/ Checkpoints	<ul style="list-style-type: none"> <li>Severe weather conditions can increase chances of accident, exposure and getting lost. Control measures detailed in hazards 3, 7 and 9 above. In particular, we reserve the right to cancel the event at any time, even after it has started if we deem it necessary on safety grounds.</li> </ul>
19	Third Party accident	4	2	Medium	Entrants/ Checkpoints	<ul style="list-style-type: none"> <li>All are warned about road safety.</li> <li>Entrants are warned about the risks to others they could cause on the hills, eg dislodging rocks onto people down hill of them. Entrants are instructed to be careful in the rare areas of loose terrain.</li> </ul>
20	Third Party property	1	2	Low	Entrants/ Checkpoints	<ul style="list-style-type: none"> <li>Entrants are given copies of the Country Code and instructed to adhere to them.</li> <li>Dogs are banned from the event as it occurs during lambing season.</li> </ul>
<b>Part 2: Hazards at base</b>						
21	Slip on slippery floor	2	3	Low	Everybody	<ul style="list-style-type: none"> <li>A warning sign will be erected</li> </ul>
22	Trip	2	3	Low	Everybody	<ul style="list-style-type: none"> <li>Most likely cause is cables. All cables taped down or under mats on floor.</li> </ul>
23	Kitchen	3	3	Medium	Everybody	<ul style="list-style-type: none"> <li>Entrants are prohibited from entering the kitchen. Only staff with a reason to enter should go in.</li> <li>Electrical safety should be ensured by the owners of the buildings (TheSt John's Ambulance, Scout and Guide Associations).</li> </ul>

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						<ul style="list-style-type: none"> <li>• All staff in the kitchen are warned of the hazards of electricity, hot liquids and sharp knives.</li> <li>• Standard hygiene precautions are taken.</li> <li>• No meat or fish is used. Catering is confined to tea, coffee, soft drinks, cake, biscuits, bread and packet vegetable soup (sometimes made from fresh vegetables purchased on the day).</li> </ul>
24	Queuing in Car park	4	2	Medium	Entrants	<p>There is a chance of a vehicle striking a walker queuing to start the event or complete it.</p> <ul style="list-style-type: none"> <li>• Total number of entrants is limited to 900.</li> <li>• At busy times, marshals will keep the queue away from traffic flows.</li> </ul>
<b>Part 3: General Hazards</b>						
25	Lifting and handling	4	3	High	Volunteers	<p>Heavy water containers is the main hazard, though moving radio equipment in flight cases also presents a lower hazard.</p> <ul style="list-style-type: none"> <li>• Small water containers used wherever possible and in any case, each container will be limited to a maximum of 10 litres.</li> <li>• Basic instruction will be given to volunteers who may be lifting and handling appreciable loads.</li> </ul>
26	Working at heights	4	2	Medium	Volunteers	<p>The main aerial for the radios is as high as possible for good reception. It is normally rigged to some trellis-work using available garden furniture, which could be unsafe.</p> <ul style="list-style-type: none"> <li>• An appropriate ladder or set of steps will be used.</li> <li>• A second person will be present when the ladder / steps are in use to steady them and to prevent other people stumbling into them.</li> </ul>
27	Tiredness	4	2	Medium	Volunteers	<p>This could arise from it being a long day with an early start and could lead to accidents.</p> <ul style="list-style-type: none"> <li>• Nobody is working continuously all day. Everybody is advised to take breaks.</li> <li>• Where possible, staff arrive later and are fresher for the second part of the day.</li> </ul>

## Risk Analysis/Priority of Action Matrix

SEVERITY	LIKELIHOOD				
	1 Very Unlikely <i>(freak even – no known history)</i>	2 Unlikely <i>(Unlikely sequence of events)</i>	3 Possible <i>(Foreseeable under unusual circumstances)</i>	4 Likely <i>(Easily foreseeable- odd incident may have occurred)</i>	5 Very Likely <i>(Common occurrence – aware of incidents)</i>
1 <b>Negligible</b> <i>(No visible injury – no pain)</i>	Low	Low	Low	Low	Low
2 <b>Slight</b> <i>(Minor cuts, bruises – no long term effects)</i>	Low	Low	Low	Medium	Medium
3 <b>Moderate</b> <i>(Heavy bruising, deep flesh wound)</i>	Low	Low	Medium	High	High
4 <b>Severe</b> <i>(major but not permanent injuries)</i>	Low	Medium	High	High	High
5 <b>Very Severe</b> <i>(Long term disability or death)</i>	Low	Medium	High	High	High