

High Adventure Caving Risk Assessment

**Last Review of this risk assessment: 30/06/2023**

Minimum Leader qualification:		LCMLA Level 1			
Max group size with Leader:		12			
<b>All Instructors should be making dynamic risk assessments on the day taking into account the weather conditions, the group's ability &amp; any other factors that may change.</b>					
<b>Essential equipment</b>					
<b>Personal:</b> Knife, Helmet, Torch, Suit, Wellies, Belt, change of clothes, towel.					
<b>Group:</b> Helmets, Suits , Light, Belts, Wellies, appropriate clothing, change of clothes, towel.					
<b>Instructor:</b> Phone, first aid kit, group shelter, torch, hot drink, emergency food, whistle, knife, (rope, karabiners, sling, cave survey - if appropriate to cave), spare emergency clothing for group (cannot supply for full group, must have a some basics, EG: hats, gloves, etc..)					
Activity/ Process/ Operation	What are the Hazards to Health and Safety	What Risks do they pose and to whom?	Risk Level	What precautions have been taken to reduce the risk?	Risk Level Achieved
			H/M/L		H/M/L
Walk In	Stepping in Peat Bogs	All staff and Participants	M	Brief Group to make them aware of them and the risk involved.	L
	Slips trips and falls	All staff and Participants	L	Group briefing and appropriate footwear.	L
	Flooding	All staff and Participants	M	Trained and assessed staff. Check recent water levels and expected weather. Monitor water level throughout session.	L
	Slips trips and falls	All staff and Participants	L	Appropriate spotting by instructor or peers where appropriate.	L
				Group briefing and appropriate footwear.	
	Falls from height	All staff and Participants	M	Pitches to be protected with a rope in line with LCMLA training and techniques	
				Manage what the group are wearing.	

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During the Activity	Hypothermia	All staff and Participants	M	Trained on appropriate signs and symptoms.	L
	Injury due to equipment failure.	All staff & participants	M	All equipment regularly inspected according to policies.	L
				Staff update training on risk of clipping false loops on cave belts.	
				Staff trained in inspections and procedures.	
	Radon	All staff & participants	L	Staff training and assessment.	L
Panic Attacks	Participants	M	Manage emotions and situations throughout	L	
			Brief group on what to expect in cave		
Becoming lost	All staff & participants	M	Instructors to be familiar with venue, access routes and routes within the system.	L	
			Thorough briefing of group on route, what to expect and where to meet before any self led sections.		