

### Remote Supervision – Foot Risk Assessment

Hazards arising from activity	Control measure(s) in place to reduce risk from each hazard during activity	Arrangements to ensure the control measure(s) are effective
Injury including hypothermia/Sun Stroke	<p>Suitable choice of route giving attention to water crossings and weather forecast. Appropriate footwear + equipment. First Aid kit and Mobile Phone to be carried by each group of participants. Group size to be no less than 4 participants.</p> <p>Appropriate clothing for conditions. Depending on conditions and route group to be issued with emergency shelter / tent.</p> <p>Incident management training given to participants prior to activity.</p> <p>Routes to be reviewed prior to departure with reference to weather conditions on the day. The safety of the individuals is paramount, and ambitious routes should be adjusted to reflect conditions and abilities.</p>	Supervision by experienced and qualified (ML Summer / HML/WGL) staff and/or instructor to be in-house assessed by suitably qualified MCI/ML.
Dehydration	<p>Each member of the group to carry 2 Litres of water.</p> <p>Water stations to be set up if need dictates and terrain allows.</p>	
Getting Lost	<p>Effective remote supervision through agreed system of Dead Letter tracking on route, Participants to be suitably trained for activity.</p> <p>Each group carries 2 maps and compass.</p> <p>Emergency contact number if group is unable to relocate / needs assistance.</p> <p>Ensure effective communication is maintained through staff checkpoints /mobile phone contact.</p>	Review emergency procedures to safeguard participants annually or as necessary (Particularly with regard to route selection / river crossings)

<p>Injury from livestock</p>	<p>Effective training and briefing on how to behave when encountering livestock.</p> <p>Group to contact instructing team before entering an enclosed field with livestock present.</p> <p>In open moorland groups briefed on keeping distance from wild ponies and / livestock.</p>	<p>OceanRock instructing team to have refresher training annually on latest guidance and any changes in procedures or when necessary.</p>
<p>Unwanted attention from public</p>	<p>Groups briefed on being polite but if they feel unsafe to call the instructing team/walk to closest checkpoint.</p>	<p>Annual safeguarding training &amp; updates for OceanRock instructing team.</p>
<p>Participant becoming ill/injured during remotely supervised event.</p>	<p>Teams are briefed on Incident Management prior to departing on events.</p> <p>Dispatch Instructors to highlight locations of staffed checkpoints on route.</p> <p>When instructors are not present at camp, participants have Lead Instructor contact number and location.</p>	
<p>Major Road Crossings / Road Safety</p>	<p>Teams are briefed not to cross identified roads until Instructor is present. These are marked on team map.</p> <p>Road crossings are manned by Instructors in High Visibility Vests.</p>	<p>Participants have 2 X High Visibility Vests provided per team.</p>