

**4M XCC EVENT**

**Date: From: 9<sup>th</sup> October to: 13<sup>th</sup> October 2019**

**LOCATION:** Brecon Beacons, Wales  
**EVENT BASE:** Taf Fechan and Talybont Forest

**ASSESSOR (print): Julian Soanes**

**ASSESSMENT DATE: 7<sup>th</sup> September 2019 SIGNATURE: \_\_\_\_\_**

**ASSESSMENT DISCUSSED AND AGREED WITH EVENT ORGANISER:**

**Organisers Name – JAMES RAY (on behalf of 4MUK Limited)**

**DATE: 7<sup>th</sup> September 2019 ORGANISER'S SIGNATURE:**



SIGNIFICANT HAZARDS IDENTIFIED	PERSONS AT RISK	RISK RATING			CONTROL MEASURES	DATE ACTIONED SIGNATURE
		Hazard x Risk = Risk Level				
Adverse weather leading to drop in temperature: Hypothermia, exposure etc.	Participants Crew Members	5	3	15	<ol style="list-style-type: none"> <li>1. Participants and Crew issued with appropriate kit list for worst possible conditions</li> <li>2. Weather check 72, 48 and 24 hours prior to event</li> <li>3. Participants and Crew informed of conditions 72 hours prior to event</li> <li>4. Kit checked by competent team members prior to set off</li> <li>5. Participant first aid briefing to cover hypothermia and temperature risks</li> <li>6. Periodic monitoring by operations Crew of participants – peer monitoring of Crew</li> <li>7. First aiders available on mountain</li> <li>8. Emergency procedure cards issued to all groups in first aid kit and printed on maps</li> <li>9. Enact evacuation procedure</li> <li>10. Inform emergency services</li> </ol>	7 <sup>th</sup> Sep 2019
Adverse weather leading high temperature exposure to sun Sun stroke, sun burn	Participants Crew Members	3	2	6	<ol style="list-style-type: none"> <li>1. Participants and Crew issued with appropriate kit list for worst possible conditions</li> <li>2. Weather check 72, 48, 24 hours prior to event and prior to set off</li> <li>3. Participants and Crew informed of conditions 72 hours prior to event</li> <li>4. Kit checked by competent team members prior to set off</li> <li>5. Participants advised to bring sun cream on kit list</li> <li>6. Emergency procedure cards issued to all groups in first aid kit and printed on maps</li> <li>7. Enact evacuation procedure</li> <li>8. Inform emergency services</li> </ol>	7 <sup>th</sup> Sep 2019
Adverse weather high winds, and or difficult ground conditions (e.g snow, wet ground etc.)	Participants Crew Members	4	3	12	<ol style="list-style-type: none"> <li>1. Participants and Crew issued with appropriate kit list for worst possible conditions</li> <li>2. Weather check 72, 48 and 24 hours prior to event</li> <li>3. Participants and Crew informed of conditions 72 hours prior to event</li> <li>4. Kit checked by experienced team members prior to set off</li> <li>5. Route modified to account for difficulties</li> <li>6. Sufficient crew on hand to supervise areas of difficulty that cannot be circumnavigated</li> </ol>	7 <sup>th</sup> Sep 2019

SIGNIFICANT HAZARDS IDENTIFIED	PERSONS AT RISK	RISK RATING			CONTROL MEASURES	DATE ACTIONED SIGNATURE
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Sickness due to previous participant or crew medical conditions	Participants Crew Members	3	2	6	<ol style="list-style-type: none"> <li>1. Medical information sought from all participants and logged</li> <li>2. Medical conditions evaluated prior to allow person to participate</li> <li>3. Adjustment of activities if necessary, to reduce individual risk</li> <li>4. First aiders informed of individuals medical conditions</li> <li>5. Enact evacuation procedure</li> </ol>	7 <sup>th</sup> Sep 2019
Car parking at base. Vehicles arriving in evening, injury to participants whilst unloading kit / moving. Damage to property	Participants Crew member, General Public	3	2	6	<ol style="list-style-type: none"> <li>1. Parking area and entrance clearly marked</li> <li>2. Car parking plan agreed before participants arrive</li> <li>3. Hold cars or turn away cars until start time and team ready</li> <li>4. Crew members to supervise parking in hi-vis jackets</li> </ol>	7 <sup>th</sup> Sep 2019
Teams getting lost by wandering off route due to navigation or weather conditions. (Note it is expected that teams will deviate from the route whilst reading the map, some deviation will be allowed by the organisers but will be monitored)	Participants	4	4	16	<ol style="list-style-type: none"> <li>1. Teams are made up of between 6 to 10 individuals</li> <li>2. Navigation instruction given</li> <li>3. Route supervision</li> <li>4. Check/Speaker points at periodic intervals</li> <li>5. Operations crew dispersed between groups</li> <li>6. GPS trackers to locate team</li> <li>7. Emergency mobile phones to raise alarm, request directions</li> <li>8. Inform emergency services</li> </ol>	7 <sup>th</sup> Sep 2019
Crew group getting lost by wandering off route due to navigation or weather conditions.	Crew Members	4	3	12	<ol style="list-style-type: none"> <li>1. Crew groups are a minimum of two individuals</li> <li>2. Navigation instruction given</li> <li>3. Access to whole route information</li> <li>4. Check/Speaker points at periodic intervals</li> <li>5. Peer group monitoring</li> <li>6. Mobile phones to locate team</li> <li>7. Inform emergency services</li> </ol>	7 <sup>th</sup> Sep 2019
Individuals (accidentally splitting from team) getting lost by wandering off route due to navigation or weather conditions.	Participants	5	2	10	<ol style="list-style-type: none"> <li>1. Highlight in briefing on how teams must stay together</li> <li>2. Team count at check/speaker points</li> <li>3. Execute Missing Person Procedure</li> <li>4. Inform organisation and operations crew</li> <li>5. Inform emergency services</li> </ol>	7 <sup>th</sup> Sep 2019
Individuals deliberately leaving the team due to problems or disagreements	Participants	4	2	8	<ol style="list-style-type: none"> <li>1. Highlight in briefing on how teams must stay together</li> <li>2. Team count at check/speaker points</li> <li>3. Execute Missing Person Procedure</li> <li>4. Inform organisation and operations crew</li> </ol>	7 <sup>th</sup> Sep 2019

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Individuals suffering from high level of fatigue or tiredness – due to fitness or illness	Participants Crew Members	2	5	10	<ol style="list-style-type: none"> <li>1. Fitness information provided with sign up information</li> <li>2. Team support and encouragement</li> <li>3. Crew support for individuals</li> <li>4. Enact evacuation procedure</li> </ol>	7 <sup>th</sup> Sep 2019
Injury due to due to falling/ tripping on route	Participants Crew Members General Public	5	3	15	<ol style="list-style-type: none"> <li>1. Route adjustment based on weather / ground conditions</li> <li>2. First Aiders available on crew</li> <li>3. Emergency procedure cards issued to all groups in first aid kit and printed on maps</li> <li>4. Enact evacuation procedure</li> <li>5. Inform emergency services</li> </ol>	7 <sup>th</sup> Sep 2019
Burn injury from use of mountain stove and cooking pots	Participants Crew Members	4	3	12	<ol style="list-style-type: none"> <li>1. Briefing on correct use of the stove</li> <li>2. First Aiders available on crew</li> <li>3. Burn pouches in first aid kits</li> <li>4. Enact evacuation procedure</li> <li>5. Inform emergency services</li> </ol>	7 <sup>th</sup> Sep 2019
Fire or fire related injuries caused by cooking equipment.	Crew Members, Participants General Public	4	3	12	<ol style="list-style-type: none"> <li>1. Fire extinguishers and fire blankets in field kitchen and accessible</li> <li>2. Only experienced crew operating kitchen equipment</li> <li>3. Water available on base site</li> <li>4. Full catering first aid kits available</li> <li>5. First Aiders available on crew</li> <li>6. Transportation to hospital</li> </ol>	7 <sup>th</sup> Sep 2019
Injuries from stream walk activity	Participants Crew Members	4	3	12	<ol style="list-style-type: none"> <li>1. Review safety / flow of stream, weather conditions before proceeding</li> <li>2. Use of rope hand holds where necessary</li> <li>3. Close supervision by Crew from in stream and on bank</li> <li>4. First aiders in attendance</li> <li>5. Enact evacuation procedure</li> <li>6. Inform emergency services</li> </ol>	7 <sup>th</sup> Sep 2019
Participant team games	Participants	3	2	6	<ol style="list-style-type: none"> <li>1. Select game suitable for the weather and ground conditions</li> <li>2. Crew supervision</li> <li>3. First aiders in attendance</li> </ol>	7 <sup>th</sup> Sep 2019
Allergic reactions to food / plants	Participants Crew Members	3	3	9	<ol style="list-style-type: none"> <li>1. Collect individual's information on allergies up front</li> <li>2. Inform first aiders of allergies</li> <li>3. Inform catering team of allergies</li> <li>4. Enact evacuation procedure</li> </ol>	7 <sup>th</sup> Sep 2019



RISK RATING		
Hazard (Severity)	Value	Risk (Likelihood)
Negligible	1	Unlikely
Slight	2	Possible
Moderate	3	Quite Possible
Severe	4	Likely
Very Severe	5	Very Likely

**HAZARD VALUE X RISK VALUE = RISK RATING**

Ranking of Risk (Risk Level)	
1 – 4	Low Risk
5 – 15	Medium Risk
16 - 25	High Risk

**Low Risk** – risk can be acceptable.

**Medium Risk** – acceptable with adequate control measures in place.

**High Risk** – action must be prioritised and timetabled to reduce risk to an acceptable level.