

General

This risk assessment covers the activities within the event of the guided 1 day challenge trek covering the Welsh 3000s Challenge in Snowdonia. The initial leg traverses Crib Goch – a grade 1 scramble and then the subsequent 2 legs are mountain walking. The final, third, leg leads the participants into night-time conditions.

Risk Subject	Method of Mitigation
Suitable leaders	All leaders should at least hold the Summer Mountain Leader's award or equivalent. All leaders must ensure that their personal and professional skills remain current, and all leaders employed need to be familiar with all aspects of the ground.
Assessing clients' ability	Fitness - Leaders to monitor their teams throughout. Teams should progress only at a sensible pace. Clients' previous experience should be explored starting with the sign-up process, and then further upon meeting, using a range of questions. Where possible, clients' general mobility should be subtly assessed prior to setting off; and a continued dynamic assessment conducted when moving gradually onto increasing challenging terrain in a safe manner before the team are committed to any given route. Team members should be made aware on what to expect before the activity takes place and thus given the opportunity not to take part.
Suitable objectives	Clients are given ample opportunity to self-assess the level of challenge they are undertaking from pre-course/event information. Additionally with a support vehicle made available, clients will have opportunities to drop out between the legs of the challenge.
Equipment	The leader should carry kit appropriate to the day's walk, terrain and challenge. This may include water purification tablets on hot days, or extra layers for when client groups have limited or no previous experience. The leader must carry a suitable first aid kit and some sort of insulation and protection from the elements, such as a group shelter, half roll mat and survival bag. In addition for the first leg a short rope will need carrying.
Client equipment	Participants will be sent comprehensive joining instructions detailing what kit needs to be carried. In addition as the event draws near, participants will be updated on the weather conditions and so how best to prepare for those specific conditions. At the start of the day, leaders to brief team members and to informally check clothing and equipment for suitability prior to setting off. Consideration must be given to wind, cold, precipitation and heat. Clients will also be briefed to carry suitable food, snacks, & water to complete the route.
Adverse weather conditions	William Legon will check up to date mountain forecast for the area paying attention to wind speed and direction, precipitation, temperature, and UV exposure. Alternative plans which could include route changes are included in the planning stages, and client expectations are managed through the joining instructions and subsequent briefings by email as the event draws near. In warm weather leaders should encourage clients to drink plenty of fluids, give them opportunities to remove excess layers and consider carrying water purification tablets. Team should be briefed to take effective measures to protect themselves from the sun: sunscreen, sunglasses and hats, shade for breaks. Leaders should brief team

	members on signs of heat exhaustion and dehydration and how to treat it. Before the day, the leader should consider replenishment locations/opportunities. Team should not be outside during lightning storms where possible. If the team are caught in a lightning storm leader should take best course of action to get team to safest location away from high ground and trees. Leader should be prepared to abort route if weather conditions make risk untenable. Leaders must carry suitable navigating equipment (such as map, compass, mapping apps, GPS) to prevent getting lost; particularly when weather conditions reduce visibility.
River crossings	There is one stream to be crossed, below Elidir Fawr, where the water is usually deep and in spate. Fortunately there is a footbridge that crosses this. There should be no other need to cross any rivers.
Steep ground	Leaders should be prepared to abort route if weather conditions make risk untenable at any point along the route and consider alternative options. All leaders should carry a short-rope or line and the leader should be proficient in use of confidence roping if necessary. Leaders will also be advised to carry walking poles which can be particularly useful for supporting clients not comfortable on steep terrain, or who have sustained a light injury. The traverse of Crib Goch is planned for the start of the event when participants are least fatigued. Particular reference to descent into Nant Peris is covered in leader briefing. No part of this route involves areas known to be of high risk or prone to major rock falls or land slippage. There are two descents that go through scree (from the Glyders and from Tryfan). The leaders must ensure that the clients are briefed on what to call should they dislodge a rock, and what to do if they hear “below”. In addition clients will be encouraged to zig zag down these slopes so as to minimise the chances of one walker being directly beneath another.
Leader fatigue	Leading teams on steep terrain, and/or in low visibility over long distances will inevitably take its toll on the leader team. To that end, only exceptionally fit, experienced leaders are employed to work on this event and no single leader leads more than 2 of the 3 legs.
Client expectations	It is recognised that highly motivated clients can assert undue pressure, consciously or otherwise, on event organisers and individual leaders. To this end, from the start of the booking process client expectations are managed through the clear communication. Particular emphasis is placed on safe weather conditions being required for a traverse of Crib Goch, and also upon onward participation into the third and final leg. These issues are also emphasised to the leader team through their briefings.
Emergencies	All leaders must hold a current outdoor first aid qualification. All leaders must carry suitable first aid kits and ensure that these undergo regular inspection and are renewed according to manufacturer guidelines and current practice. . Leaders must ensure they set off with a fully charged mobile phone and consider carrying a spare battery pack for charging. Leaders must consider the availability of mobile signal in chosen locations, as well as ease of access for rescue services. To prevent any members of the team getting lost, leader to devise a method of checking all members are present at any given time, and that all are accounted for before moving on. Team should always be shown the route on a map and be actively engaged in approximate location. Team could be briefed on actions on getting lost before setting out. All team members are to inform Will4Adventure about all pre-existing medical conditions. Leaders need to be appraised of the team’s medical conditions.

Food preparation	William Legon will ensure that high standards of hygiene are maintained with all aspects of food preparation. Team should be briefed on suitability of food taken and prepared for consumption. All cooked food will be cooked through properly, and as a further consideration, almost all food will be plant-based. Food allergies will be checked for before the event.
Driving to and from the start point	A local taxi is booked to drive participants to and from the start/finish locations so that no walkers need to drive any significant distances. Local accommodation to the event is recommended only so that following the event nobody should need to travel very far.
Accidents driving home	Participants are made aware of the arduous nature of this event so that they are clear that driving home immediately after the challenge would not be safe. In addition every assistance is offered with a view to encouraging people to use public transport.
Understanding the risk	The level of risk acceptance of course participants should be explored. The basic risks and levels should be made clear to clients.