

<b>Name of Section or Activity</b>	Ashdown 30	<b>Date of risk assessment</b>	27/03/2026	<b>Name of who undertook this risk assessment</b>	Ashdown 30 leader team
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<b><u>Hazard Identified / Risks</u></b>	<b><u>Who is at Risk</u></b>	<b><u>Existing Controls</u></b>	<b><u>Additional Controls</u></b>	<b><u>Changes to Monitor</u></b>
<b>Underfoot – uneven / wet / muddy ground (slips, trips)</b>	All	Suitable footwear required (walking boots advised). See kit list	Brief participants on terrain hazards. Adjust route if conditions worsen	Weather making ground more hazardous
<b>Weather – wet / cold / hot (hypothermia, heat exhaustion, sunstroke)</b>	All	Weather monitored in advance and prior to start. Appropriate clothing required (waterproofs, layers, sun cream). Water at checkpoints	Adjust route if extreme weather. Encourage hydration and regular checks	Sudden weather changes. Signs of heat/cold stress
<b>Misnavigation – getting lost, delays, fatigue, darkness</b>	Young people	Route within capabilities. Maps, compasses, route cards provided. Competent navigator per group. Emergency contact systems. Group structure (adult supervision where required)	Checkpoint monitoring. Cut-off times enforced	Groups falling behind. Navigation errors
<b>Medical – injury or illness during event</b>	All	Medical forms completed. First aid kits with teams and checkpoints	Identify trained first aiders. Emergency procedures in place	New medical issues. Fatigue or dehydration

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<b>Cars – vehicle movement at start/checkpoints</b>	All	High visibility clothing worn. Off-road parking and checkpoints	Marshal supervision if required	Traffic or visibility changes
<b>Road crossing (A30 route only)</b>	Explorer teams	Crossing points with good visibility	Safety briefing. Supervision if required	Traffic levels / visibility
<b>Farm environment – sheep farm, agricultural vehicles</b>	All	Landowners informed. Vehicle movement minimal. Route avoids busy areas	Brief participants on farm hazards. Stay alert. Hi-vis where needed. Supervision at access points	Unexpected vehicle activity. Livestock movement
<b>Public access – cyclists, horses, walkers (South Downs)</b>	All + public	Route on public paths with low vehicle traffic	Brief on shared path etiquette (give way to horses, keep left, don't startle animals). Maintain awareness	Busy periods. Narrow/low visibility paths
<b>Remote location – limited vehicle access / emergency delay</b>	All	Communication via mobile phones. Planned route and checkpoints	Dedicated first aider in vehicle. First aid kits available	Poor signal. Access delays
<b>Medical response &amp; evacuation – exhaustion / unable to complete route</b>	All	Medical info collected. First aid provision in place	Dedicated first aider vehicle. Two additional vehicles for collection/evacuation. Clear communication system	Participant fatigue levels. Weather impact