The Cairngorm Club

Risks to be Considered by Meet Organisers

Hazards will be specific to each walk/meet. This list is intended to remind meet organisers (MOs) of items to be highlighted to participants in advance and at the start of a walk or meet.

Hazard	Precautions
Adverse Weather: heat, cold, sun, wind, rain, snow, ice, poor visibility	Check weather forecast (including avalanche forecast)
	Wear clothing suitable for season
	Postpone or modify (alternative/escape route(s))
	Bring and ingest adequate fluids (hot or cold) and food
	Use sunscreen
	Carry group shelter
Adverse Terrain: slippery paths, loose rocks, verglas,	Carry out/Note recent recce of route
fences/stiles, fallen trees, steep slopes, burns in spate,	Inform participants nature of surfaces
open water, exposed sections, cornices	Wear suitable footwear (including spikes, crampons and/or ice axe if needed)
	Carry simple first aid kit
Getting Lost/Separated	Leave planned route at base
	Agree meeting points and times
	Appoint a group "back marker"
	Exchange mobile numbers and car details
	Pre-register phones with 999 text service
	Consider a group photograph at start, for police/MR information
	Inform MO if leaving the group early
Animals	Cross fields with stock as a group
	Leave gates as found
	Remember to check for ticks
Traffic	Take care at road and rail crossings
	Walk as a visible group on roads
	Consider others when parking