



A12(b) RAMS TEMPLATE EXEMPLUM

Brian Needham – Revised Autumn 2007

XXXXX EXPEDITION 200X : RAMS

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Next Review date: (e.g. At the XX / XX / XX Expedition Leadership Team Meeting)

It is the intention of the Expedition Leadership Team to seek to manage the danger of fatalities, disabling injuries, emotional distress and serious illness, and to reduce minor accidents, injuries and illness to a level no higher than might be expected in the everyday life of an active and adventurous young person.

NB: "The 'ethos of safety' should extend into activities which may not, at first sight, appear to involve risk. Many injuries are sustained in camp, or in informal recreational activities. It may be that, once away from the major hazards of the expedition, people become careless of the minor hazards of routine life on expeditions" (from YET: Safe and Responsible Youth Expeditions).

It is essential that there is a general willingness by all members of the expedition to recognise and report hazards. It is only as a result of reporting a hazard that something can be done to minimise its risk. This Risk Assessment document is the property of every member of the expedition and the prevention of accidents is the responsibility of every member of the expedition.

Area of Operations	Nature of Risk	Degree of Risk	Potential Consequence	Managing Actions / Comments
Leaders	Previous Illness	Low	High	All Leaders will complete Confidential Medical Questionnaire
Leaders	Abuse	Low	Trauma	Enhanced Disclosure: Code of Conduct and Code of Behaviour
Members	Previous Illness	Low	High	All will complete Confidential Medical Questionnaire
Members	Abuse, Bullying	Low	Trauma	Declaration; Code of Conduct
Members	Inexperience	Medium	Accident, potentially lethal	Training will be given at training sessions and in first stage of the expedition by experienced and qualified leader team; training will be ongoing throughout the expedition
Leaders and Members	Lack of fitness	Low	Inability to participate; accident, potentially lethal	All leaders and members will be informed of the level of fitness required; Team Leaders will assess fitness levels early in the expedition, and prevent participation in activities if necessary.
Leaders and	Unsuitable	Low	Discomfort,	An equipment list will be published; advice will be given during training.

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Members	equipment		potential danger, even lethal	
Political Consideration	Civil Unrest	Low	Injury, Disruption, Cancellation	Check with FCO. Avoid contact with any local discontent.
Culture Shock Aspects	Local poverty, Poor Health	Moderate	YE Concern / trauma / homesickness	Careful briefing of members about local culture and the poverty of the country's infrastructure. Team Leaders to be aware of possible early homesickness and inability to come to terms with the expedition requirements.
Flight	Accident / hijack	Low	Fatal	Use reputable airline. xxxxxxxx Airlines good safety record. xxxxxxxx provide twin engine aircraft with excellent safety record are certainly available for CASEVACS.
Flight	Deep vein thrombosis	Low	Fatal	Increased incident on long haul flights. This may pertain more to the adult leaders or members with specific medical problems. Doctor will advise those identified as being at higher risk. All expedition members will be sure to maintain movement in their extremities during the flight.
Customs	Drugs, smuggling artefacts or species	Low	Arrest	Strict expedition policy. Briefing from Leaders. All expedition members will pack their own luggage and will keep it with them at all times. They will not carry anything through customs for anybody else. Visitors are also not allowed to take any valuable artefacts or plant or animal species from the country without the proper authority. Any member of the expedition involved with narcotics can expect to be sent home, if they are not imprisoned in country. All members will be aware of the expedition Code of Good Conduct that includes drugs.
Cities and Towns	Mugging, Theft, rape	Low	Trauma	Members will never be in towns and cities solo; females will be accompanied by males when deemed necessary; all will be warned during pre-training of potential dangers. No ostentatious display of wealth. Expedition Funds to be kept in separate areas.
Roads	Traffic Accident	High	Fatal	RTA is the biggest killer on youth expeditions. Road transport arranged through experienced operators with well-maintained vehicles that must be driven by regular, employed drivers whose livelihood depends on unblemished records. No night driving is scheduled. Leaders will concern themselves with speed limits and the drivers' condition. Advanced Party and Base-camp staff will be warned of erratic driving in motorised tri cycle taxis and take no chances with high expectations of driver behaviour. A number of staff may drive a base camp vehicle, they will hold UK and International licences and will be insured. Young members will NOT drive. The transfers from and to the airport will be done using a reputable firm. Leaders will monitor the driver keeping to the speed limit.
Accommodation and food in transit	Fire Hygiene Low	Low	Death, injury Illness	Reccce proposed stopover points; check fire escapes and regulations; check cooking facilities. Stress on personal hygiene during pre-expedition training.
All	Terrorist groups	low	injury, fatal	There is no FCO advice to avoid xxxxxxxxx.

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Base-camp/ In field	Acclimatisation	Moderate	Illness	An acclimatisation period is built into the expedition.
All	Natural Disaster	Low	Fatal	Earthquake, Typhoon, Flooding, etc.;
All	Illness and disease	High	Fatal	Water will be boiled or iodine will be used to make it safe to drink The doctor can be asked for advice via the HF radio net.
All	Heat stroke and exhaustion	High	Death	Sensible work patterns will be observed. Members will be briefed on the importance of keeping hydrated. Teams have also been briefed on the importance of sunhats and sun screen lotion. The leaders and members will need to pay particular attention to the location and distance of trekking in relation to the abilities of the group. Wear appropriate clothing.
Science Programme	Accident	Low	Injury	Safety precautions when moving over dangerous ground will be undertaken at all times. The risks involved will be re-evaluated after the recce and at the leaders briefing.
In the field	Separation / Lost	high	fatal	No individual will ever be working in a group smaller than four. Each member of the expedition will carry a whistle at all times. A strict method of Roll call will be adopted before and after all excursions. Always make sure your camp and plans for travel are known by base camp. When you leave camp, make sure that a person arriving in your camp would know where you have gone. Never travel at night, except possibly in an emergency. Never travel alone. Always carry an emergency pack. Each group in the field should have a GPS.
In the field	Dangerous flora and fauna	moderate	fatal	The recce will advise if there is any risk in this area.
Swimming	Drowning	moderate	fatal	Drowning is the second biggest killer on expeditions after RTAs.
River crossing	Accident / drowning	low	fatal	Limit crossings by route selection. Instruction at briefing and at start of expedition. All water crossings will be avoided if possible. If avoidance is not possible the group will cross using approved routes and methods.
In field	Trekking	moderate	injury	Be extra careful and don't rush. Carry an inhaler if you are prone to asthma. All expedition members must be at a reasonable level of fitness prior to departure.
In field	Food	moderate	illness	Good Hygiene in cooking; limited and careful use of local fresh foods.
In field and Base camp	Water	moderate	Illness	All water will be purified.
In the field and Base camp	Stoves	moderate	Burns of varying severity	All members will be trained how to use them and will become adept with them at BC where there is increased supervision and space. All on expedition will receive training in use of stoves and

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				fires and the dangers involved. Expedition members will be responsible for the correct usage of the stoves. No cooking inside tents, only in eaves.
In the field	Communication Failure	Low	Lack of assistance externally	In the field the primary form of communications are by HF radios, whistles and walkie talkies. In emergencies there is also a satellite phone at base camp and one EPIRB with each separate group. Detailed notes on the expedition's communications will go out with each group into the Field along with procedures should communications be lost. Thorough instruction during pre-expedition training.
Climbing	Accident	Moderate	Fatal	If this activity takes place it will be supervised on all occasions by a qualified leader plus one other leader. No un-roped climbing allowed. Safety equipment at all times. Take great care of slippery rocks in wet weather when descending.
All	Cold injury	Low	Fatal	Frostbite unlikely, hypothermia possible. Supervision and instruction in use of correct equipment and clothing. It can rain or snow in Lesotho at the time of year we'll visit. Vigilance by all expedition members.
All	Trauma	Moderate	Fatal	Close supervision of members in choice of activities and work areas. Doctors with A & E experience.
All	Sexual activity	Low	Variable	Serious briefing, leader supervision and agreed code of conduct.
All	Medical	Low	Variable	There are excellent hospitals in xxxxx. These will be visited by the expedition medic prior to deployment. A system of Casevac and repatriation will be established probably via CEGA emergency services U.K. Malaria – Expedition medic will advise expedition members of the prevalence of malaria and the expedition members will arrange to take prophylaxis. Aids – Avoid sex; take own transfusion kit and plasma. In serious medical situations try to use a reputable hospital.
All	R & R	High	Serious	Over-relaxation and failure to take sufficient care; all members must be reminded of the need to maintain concentration through to the end of the expedition, and that high spirits must be kept in check.
All	Drink	High	Serious	There will be a non-alcoholic policy for all the duration. Members of the Leadership Team will attend any party at the end.
All	Emergency evacuation plans are detailed. These plans should be carried by all Leaders at all times.			

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