

Extreme Weather Policy

Overview

The Extreme Weather Policy is to be used in conjunction with the Untold Operations Ltd Weather Risk Assessment; DofE Walking Risk Assessment and Camping Risk Assessment. A weather report should be captured daily and recorded for future reference.



<p>Extreme weather is expected. Red means you should act now to keep yourself and others safe from the impact of the weather. Widespread damage, travel and power disruption and risk to life is likely. You must avoid dangerous areas and follow the advice of the emergency services and local authorities.</p>	<p>There is an increased likelihood of bad weather affecting you, which could potentially disrupt your plans and possibly cause travel delays, road and rail closures, interruption to power and the potential risk to life and property. Amber means you need to be prepared to change your plans and protect you, your family and community from the impacts of the severe weather based on the forecast from the Met Office.</p>	<p>Severe weather is possible over the next few days and could affect you. Yellow means that you should plan to think about possible travel delays, or the disruption of your day-to-day activities. The Met Office is monitoring the developing weather situation and yellow means keep an eye on the latest forecast and be aware that the weather may change or worsen, leading to disruption of your plans in the next few days.</p>
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Hot Weather	Cold Weather & Reduced Daylight Hours
Fluids	
<ul style="list-style-type: none"> • It is essential at the beginning of each event that instructors check each group member has two full 1 litre water bottles • Each group will be supplied with 4 litres of extra water so that they are able to top themselves up throughout the day in addition to regular top ups by instructors. • (Spare water does not add to weight it replaces weight.) • There will be regular water refills at every opportunity these will be pre agreed by the group, so they know when to expect water. 	<ul style="list-style-type: none"> • It is essential at the beginning of each event that instructors check each group member has two full 1 litre water bottles. • Consideration must be taken on whether it is necessary to carry a hot drink in a flask.
Routes & Distance	
<i>(In times of extreme weather there will be total flexibility in adjusting routes and distance in the interest of safety).</i>	
<ul style="list-style-type: none"> • It may be considered that routes across wild country where paths are not easily distinguishable might be rerouted onto clear well-defined paths to mitigate navigational error and therefore limits time in exposed areas. 	<ul style="list-style-type: none"> • It may be considered that routes across wild country where paths are not easily distinguishable might be rerouted onto clear well-defined paths to mitigate navigational error and therefore limits time in exposed areas.

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<ul style="list-style-type: none"> • It may be considered that groups can abandon times in exposed areas of wild country so that they do not spend too much time sat around. • Emergency escape routes must be agreed by groups and instructors. • Groups to take ample break times in areas of shade. • Shorten routes if needed (Possible (extend project time) • Consider earlier start times. (Please note this may mean an earlier start time for instructors) Where possible this may mean an earlier finish time) 	<ul style="list-style-type: none"> • It may be considered that groups can abandon times in exposed areas of wild country so that they do not spend too much time sat around. • Emergency escape routes must be agreed by groups and instructors. • Groups to take ample break times in areas of shelter. • Shorten routes if needed (Possible (extend project time) • Consider earlier start times. (Please note this may mean an earlier start time for instructors) Where possible this may mean an earlier finish time)
Looking After Skin	
<ul style="list-style-type: none"> • Sun Cream Each day (Quite often Schools are not allowed to give out sun cream • Encourage reapplying sun cream several times throughout the day. • Long sleeved sports top must be worn. • Long trousers must be worn. 	<ul style="list-style-type: none"> • Participants should always be encouraged to dress warmly. • Staff to reiterate the effects of hypothermia.
No Hat, No Hill <i>(Particularly in times of extreme weather Untold Operations Ltd will contact the school prior to the expedition to highlight the importance of bringing a hat).</i>	
<p>It will be the responsibility of School to purchase hats if necessary or take the student to a shop to purchase a hat. Where the school is not present and Untold Operations Ltd has duty of care, then the participant must be taken to a shop to purchase a hat.</p>	
<ul style="list-style-type: none"> • Short Hair? Suggest wearing a t shirt under the hat to protect the neck. • Skin Fade? Ensure sun cream is applied on the back of the head and not just the neck. 	<ul style="list-style-type: none"> • All students must have a hat and gloves. • Untold Operations Ltd will carry a selection of spare hats in addition.
Weight	
<ul style="list-style-type: none"> • Consider Lighter Bags (Day Bags) (If removing tents, then groups must still carry one of the following: A tent outer or a storm shelter) 	<ul style="list-style-type: none"> • Participants will be advised prior to the expedition to bring a blanket/extra sleeping bag and bring extra layers. (These will not be additional weight and they will not have to carry these items). • There should be more emphasis on extra kit carried on “circular days” where not all equipment is carried. A kit signs out sheet will be implemented to ensure groups are appropriately equipped before heading out for the day.

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First Aid	
It is important for each group to receive a brief about how to recognise the signs and symptoms of hypo/hyperthermia. Constant welfare checks must be made at every opportunity.	
Clothing	
<ul style="list-style-type: none">• Students should be adequately covered.• Girls should be wearing long trousers. Short shorts are not accepted. Crop tops are discouraged.	<ul style="list-style-type: none">• Students to be informed of and adequately equipped against the possible effects of colder temperatures because of reduced daylight hours.• Instructor to encourage the use of colder weather clothing.

Additional Information on Reduced Daylight Hours
<ul style="list-style-type: none">• Due to shorter days Instructors should expect earlier start times.• Drop off/ Pickups to be considered to support groups in reaching aspired destinations i.e., summits.• Closer supervision should be considered after 17:00 to ensure groups reach camp before sundown.