



INDIAHIKES

RISK ASSESSMENT &

MANAGEMENT SYSTEM

FOR SCHOOLS

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1. PRE-TREK CHECKLIST

To ensure that we work carefully through the ways to eliminate or control possible risks and to ensure that we have a plan in place if needed.

| | | |
|---|--|--|
| Name of School Name of Trek: Dates: Group/Class: | Number in group/class: Name of person in charge from school: Contact number: Second contact number: Accompanying adults: | |
|---|--|--|

Emergency Phone Numbers:

School Office:

| Task/Activity (add or delete as needed) | Checklist | Descripton | Person in Charge | Due Date |
|--|--------------------------|------------|------------------|----------|
| Travel Arrangements | <input type="checkbox"/> | | | |
| 1. Flight booking | <input type="checkbox"/> | | | |
| 2. Airport transfer | <input type="checkbox"/> | | | |
| 3. Transport to go to base camp | <input type="checkbox"/> | | | |
| Food/Beverages | <input type="checkbox"/> | | | |
| 1. Allergy Information | <input type="checkbox"/> | | | |
| 2. Vegeterian / Jain | <input type="checkbox"/> | | | |
| | | | | |
| Accommodation | <input type="checkbox"/> | | | |
| 1. Hotel Booking | <input type="checkbox"/> | | | |
| 2. Room Allocation | <input type="checkbox"/> | | | |
| Preparation | <input type="checkbox"/> | | | |
| 1. Parent letter of consent | <input type="checkbox"/> | | | |
| 2. Disclaimer | <input type="checkbox"/> | | | |
| 3. Insurance | <input type="checkbox"/> | | | |
| 4. Fitness check | <input type="checkbox"/> | | | |
| 5. Gear check | <input type="checkbox"/> | | | |
| 6. Parent Contact Number List | <input type="checkbox"/> | | | |

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2. TRANSIT + ON-TREK

| Task/Activity | Checklist | Description | Person in Charge |
|---|--|---|---|
| First Aid Kit | <input type="checkbox"/> | | |
| Allergy Information | <input type="checkbox"/> | | |
| Medicine Need | <input type="checkbox"/> | | |
| First Aid (identify who is picking up and carrying the first aid kits) | | | |
| Students requiring special consideration on this trip for health, behaviour or other reasons - name specific students and identify risks and control measures | | | |
| Task/Activity | Risks | Description | Person in Charge |
| Transit to and from the base camp | Road Safety and Health of the Students | These are risks that we pre-empt and measures are taken in advance in the eventuality of them happening. Back up transport, identification of accident prone areas where extra caution is called for, leaving early so as not to drive in the dark, and prescription of avomine and natural tips to avoid motion sickness. | Trek Coordinator : |
| On Trek | Slippery sections, boulders, steep descents, snow , heavy rain, AMS, health issues | These are they typical issues that can come up on a high altitude trek. At IH, we are ready to handle these issues with a 3 step process. 1 - with our processes, 2 with our people who are extensively trained to tackle these emergencies 3- by carrying all the necessary equipment required to handle these emergencies | Trek Leader : |
| Post - Trek | Health issues | It's common to have post trek aches and pains. Some have to recover from injuries as well. | Trek Coordinator : |
| Plan prepared by: consultation with: Reviewed by Trek coordinator : | Date: Date: | Prepared in | Reminders: • Medical Kit checked and medical special provisions (if needed) received and checked. • Participant list with contact numbers ready to take on the trip |
| After the trek, review the RAMS if an incident or significant change occurs. | | | |
| Comments by Coordinator: | | | |

3. HEALTH RISK MANAGEMENT

Severity:

1. **Minor:** First Aid intervention at site of incident
2. **Significant:** Student to abstain from exertion or activities
3. **Major:** Evacuation is required

As each situation is unique, the trek leader will make the best decision based on the given situation. Trek leaders will get the full support and assistance of the school staff.

| Determine Severity | Symptoms | Minor | Significant | Major |
|------------------------------|---|--|---|--|
| AMS | Headache, Dizziness, Fatigue, Nausea, Vomiting, Lack of appetite | Preventive course of Diamox (125mg, twice a day) Health checks 3 times a day | Diamox course to treat (250mg twice a day or more) Regular oximeter and symptom checks Right pacing of the trekker, Hydration | Evacuation while continuing treatment |
| HYPOTHERMIA | Cold stress, cold sensation and shivering Impaired activity to perform complex tasks | Proper layering. Adequate amount of food and water intake | Change the environment (Shelter/Kitchen Tent on camps) Insulate the trekker. Add Hot Water Bottles. Add Calories in the diet (mainly sugar) | Evacuation |
| DEHYDRATION | Thirst Weakness, Fatigue, Lightheadedness, irritability Dark smelly urine | Track water intake. Use proper gear to cover up extremities. Rehydrate Add electrolyte to water | Avoid long exposure in the sun. Avoid strenuous activities (i.e. offload backpacks) Monitor progress for next two days | Hydration reminders. Documentation on the health card |
| STOMACH UPSET & LOOSE STOOLS | Abdominal discomfort, usually in the lower quadrants. Intermittent cramping, frequent loose stools. Nausea, vomiting, low grade fever | Clear instructions on why eating light is important in the mountains. Give hydration reminders to the team | Monitor hydration, put on bland diet, emotional check-in. (Domperidone - Vomiting Loperamide - Loose stools Omeprazole/Pantoprazole - Gas/Acidity) | Evacuate decision Consider antibiotics only in severe cases |
| ALLERGIES | Swelling near the sting Hay Fever symptoms Flushed and itchy skin | Focus on the trekker's medical history and identify the risks for each trekker during registration. Remove the allergen Suggest antihistamines Medications (Allegra - 30mg not more than twice daily) | Monitor closely for facial swelling or respiratory difficulty | |
| FEVER | High temperature, loss of appetite, shivering, burning eyes | Hydration, proper layering, check temperature 3 times a day | Test of 3 Ones - Administer 1 Paracetamol (500mg) 1 Litre of water 1 Hours of rest | |

General Principles underlying Indiahikes' support for any injured student or staff

- a. Trek leaders are responsible on the slope and act on behalf of Indiahikes
- b. Trek leaders will take appropriate steps to facilitate all required medical treatment for students and staff on trips. The well-being of the students and staff is paramount