

## **LUUHC Participation Statement**

Leeds University Union Hiking Club (LUUHC) recognizes that hill walking, climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

LUUHC Request that current and prospective members are made aware of and understand the following:

1. Any person involved in LUUHC Club Activities is aware of the LUUHC Participation Statement, and is made aware of and understands the risks pertaining to the chosen activity.
2. Any person involved in LUUHC Club Activities is aware that those perceived of as 'in charge' are not necessarily qualified, do not need to be qualified, are not regarded by the LUUHC nor regard themselves as 'technical experts', but are amateur climbers, walkers or mountaineers with some experience who are happy to impart their knowledge, and that any advice given be viewed with this in mind by the recipient.

## **LUUHC Club Activities**

- Mountain Walks
- Multi-day Mountain Walks
- Mountain Scrambles
- Winter Mountain Walks
- Scrambling grade 3 & 3S / Rock Climbing / Winter Climbing / Solo Activities
- Bad weather / social activities.

## **Personal Equipment:**

LUUHC request that the following items of equipment must be carried by each group member during all mountain days

- Suitable walking boots with ankle support. (NO TRAINERS)
- Suitable walking trousers (NO JEANS)
- Water (Minimum of 1 Litre) and food for personal consumption.
- Warm hat.
- Suitable waterproof jacket.
- Suitable warm layer (preferably fleece)

### **Recommended personal equipment**

- Whistle
- Orange plastic survival bag
- Warm gloves.
- Suitable waterproof trousers

## **Lowland and Mountain Walks**

**Leader:** The level of experience required to lead walks for the club depends on the type of walk being led, the choice of route and the prevailing weather conditions.

- Walk leader should be first aid trained and should hold a valid 16-hour first aid certificate.
- Low-level mountain routes graded Easy to Moderate. Walk leader will be competent with mountain navigation, with the ability to take accurate bearings, and must possess good group management skills. Walk leader must be able to demonstrate these skills, and must have reasonable previous experience of various types of mountain routes, terrain and weather conditions. (Minimum of 20 Quality Mountain Days)
- High-level mountain routes graded Moderate to Hard. Walk leader will be highly competent with mountain navigation, with the ability to micro navigate. Walk leader must possess exceptional group management skills, and be able to assist in the training of less able walk

leaders. Walk leader must be able to demonstrate these skills, and must have extensive previous experience of various types of mountain routes, terrain and weather conditions. (Minimum of 40 Quality Mountain Days and preferably Summer ML trained)

**Equipment:** To be carried by leader or issued to group members

- Map & Compass
- Whistle
- First Aid Kit
- Group Shelter
- Head Torch
- Rope: Dependant on route.
- Spare food/warm layer/gloves/hats
- Mobile Phone

### **Multi-Day Mountain Walks / Wild Camping**

**Leader:** Same as for Summer Mountain Walks

**Equipment:** To be carried by group leader or issued to group members

- Equipment as per mountain walks.
- Adequate tent space for all group members.
- Minimum of one stove between three group members.
- Sleeping bag, roll mat and food per group member.
- Water purifying tablets.

### **Mountain Scrambles: Grade 1 & 2**

**Leader:** Only leaders deemed to be competent will be able to lead club members on graded scrambles.

- Scramble leader must be a competent scrambler and/or climber, with the ability to apply and use suitable short roping techniques, including emergency abseil techniques (Preferably obtained from a scrambling/climbing instruction course).
- All scrambling leaders must be proven High-level Mountain walk leaders as stated above in the mountain walk section.
  
- The choice of scrambling route shall be decided by the scramble leader in consultation with the club president and/or secretary before being undertaken. Consideration will be given to the current and forecasted weather conditions before attempting a graded scramble. Conditions such as high winds and/or heavy rain will force could result in a scramble being cancelled

### **Scrambling Equipment:**

- Equipment as per mountain walks.
- Scrambling guidebook or detailed route description including escape options.
- 1 Helmet per person
- Suitable rope, 2x 120cm Slings & 2x Screw Gate Carabineers
- Additional protection, e.g. chocks, wires, 240 slings, as deemed required by scramble leader and/or president.

## **Winter Mountain Walks**

**Leader:** Only leaders with extensive experience of leading summer walks and scrambles, along with extensive personal winter experience, will be allowed to lead group members on Winter Mountain walks.

- Low-level winter mountain routes graded Easy to Moderate. Walk leader will be competent with winter mountain navigation, with the ability to take accurate bearings, and must possess good group management skills. Walk leader must be competent with the application of ice axe and crampon skills, in addition to knowledge of avalanche hazards and suitable winter route choice. Walk leader must be able to demonstrate these skills, and must have reasonable previous experience of winter mountain routes in challenging terrain and weather conditions. (Minimum of 40 Quality Mountain Days including a number of winter mountain days, preferably Summer ML trained)
  
- High-level winter mountain routes graded Moderate to Hard. Walk leader will be highly competent with winter mountain navigation, with the ability to micro navigate. Must also possess exceptional group management skills, and be able to assist in the training of less able walk leaders and group members. Walk leader must be highly competent with the application of ice axe and crampon skills, winter climbing techniques and must possess a high level of avalanche awareness with exceptional route selection skills. Walk leader must be able to demonstrate these skills, and must have extensive previous experience of winter mountain routes in challenging terrain and weather conditions. (Minimum of 40 Quality Mountain Days including a minimum of 10 winter mountain days, preferably Summer ML trained and Winter ML trained)

### **Winter Equipment:**

- Equipment as per summer mountain walks
- Rope, 2x slings and 2x screw gate carabineers
- 1 Helmet per person
- Set of crampons per person
- Walking Axe per person, leader to carry a Technical rated axe.
- Spare Warm Layer per person
- Spare food and hot drink
- Ski goggles per person are highly recommended

### **Advanced Mountain Leader (AML)**

An AML is the highest level of leadership within LUUHC, thereby only current leaders with considerable experience will be considered for the position of AML. Therefore the role of an AML is to guide and instruct members of lesser experience with the aim of increasing their skills and knowledge of safe mountain craft, thus promoting knowledge transfer between club members.

To be considered as an AML, two current LUUHC AML's and the club president are required to vouch for a potential AML's climbing/leadership skills and experience.

***AML Graded Route Options:*** (Note these are the maximum grades to be attempted on club trips, anyone wanting to climb harder routes must do so on their own time)

- €€€€€€€€ 3 & 3s roped scrambles
- €€€€€€€€ single & multipitch rock climbs up to Severe,
- €€€€€€€€ winter climbs up to Scottish Grade III
- €€€€€€€€ alpine mountaineering routes up to AD

- alpine rock routes up to French grade 5.

**AML's must:**

- be a proven, competent climber with a variety of experience including multipitch graded Scottish winter and/or alpine climbing.
- be able to pass on their knowledge to lesser experienced club leaders and members, thereby increasing skill levels within the club member base.
- climb well within their grade when leading groups on graded routes.
- consider current weather conditions and experience of group when specifying group objectives, especially when winter mountaineering routes are considered.
- consult other AML's and club president with regard to group objectives.
- ensure that equipment i.e. helmets; harnesses, ropes and climbing rack are suitable for the objective being considered. Equipment is to be checked and certified by the club gear secretary.
- ensure that equipment provided for group is in good condition.

**Required Skills:**      *AML's must be able to demonstrate the following skills:*

- Excellent navigation including accurate micro-navigation techniques
- Excellent group management (proven club leaders or leaders from other clubs)
- Constructing belays and placing anchors/runners on rock, ice and snow.
- Belaying using direct and indirect methods.
- Self rescue rope techniques, such as escaping from the system and crevasse rescue.
- Short roping techniques for moving together on easy terrain.
- Absailing with novice climbers using the stacked method or lowering using a backup.
- Awareness of avalanche danger, route planning and weather interpretation.
- Awareness of the inherent dangers of alpine mountaineering, i.e. rock fall, lightning, & serac fall.
- Excellent communication skills to allow and promote knowledge transfer.

**Required Equipment: Per Group Member– Summer**

- Helmet
- Climbing harness
- Belay plate with HMS karabiner
- Screw gate karabiner and 120 sling
- Climbing shoes (for routes > VD).

**Additional Required Equipment: Winter/Alpine**

- Head torch & spare batteries
- B2 or B3 winter boots
- C2 or C3 crampons with anti balling plates
- Snap gate karabiner and two prussic loops.
- Mountaineering axe or twin technical axes
- Adequate winter clothing, gortex's, gloves, warm layers etc.

**AML equipment:** *Summer and winter*

- Adequate rack of rock and ice protection, to suit intended objective
- 120 & 240 slings for belay construction
- 2x Prussik loops or a prussic loop and ropeman (for self rescue purposes)
- Guide book for objective being considered.

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**Solo Activities**

Solo Activities (High level mountain walks, scrambles or climbs) are highly discouraged on organised club trips at any time. If members wish to partake in solo activities then they are advised to do so in their own time, using their own transport and equipment.

**Group Size on LUUHC Walks (summer & winter) & Scrambles**

- Shall be dependant on the particular mountain route or scramble to be undertaken, the forecasted weather conditions and the overall ability of the group.
- The walk/scramble leader in consultation with the club president and/or secretary shall decide maximum group size.
- Group size on wild camping trip shall be kept to a minimum to minimise damage to the natural environment.

**Group Ability on LUUHC Walks (summer & winter) & Scrambles**

- Members will be made aware of the details of the particular route, and their suitability to undertake that route shall be considered by the walk leader in consultation with the club president and/or secretary.

**Members on winter walks must have attended a winter walk safety briefing and must be informed of the details of a particular winter route.**

**Bad Weather / Social Activities**

These are done at the club member's own discretion subject to the approval of the committee. Any injuries obtained during these activities are not the clubs responsibility; therefore members must be aware that they are responsible for their own health and safety during these activities.

**Submission of Documents before a trip**

Before leaving for any trip the following should be submitted to the ARC to the student outdoor activities coordinator for their reference.

- A generic risk assessment covering all club activities undertaken by the club during the year.
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**Route cards:** should be produced by the group leaders and checked by the club president, each route card must state the following:

- Mountain location
- Basic route description
- Grid references of a number of key points along the route and detailed bearings/distances of any notable points of difficulty (I.E. descent off Ben Nevis)
- "Escape" options for bad weather descents
- Notable difficulties encountered on route

6. Members must be aware that during private trips they will be responsible for their own health and safety. Therefore any injuries or death resulting from these activities will not be the

responsibility of LUUHC.

### **Dealing with an Accident / Incident on a Trip**

**Incident Management** : Small card to be included in all club first aid kits.

- Any accident / incident will be managed by the walk leader and/or most experienced group member.
- Priority will be given to the safety/security of the group leader and other group members.
- Second priority will be given to the safety/security of the injured group member/s.
- First aid will be administered to the injured group member/s if possible
- In the event of a serious incident, which requires the assistance of a mountain rescue team, the following procedure will be followed:
  - A casualty card will be completed with casualty, accident and location details, including a contact number.
  - Contact police to request a mountain rescue team, by mobile phone. iii. If no mobile phone signals at location, task two responsible group members to try to gain signal at an alternative location, or task two responsible group members to return to valley to raise the call for help.
  - Follow the instructions given by mountain rescue coordinator, and continue to provide care to both casualty/s and other group members.
  - Use orange bivvy bags to mark position, and use whistle / torch to send international distress signal to help rescue teams to locate group position.
  - In the event of an incoming rescue helicopter, secure all loose items and protect casualty/s from the rotor downdraft. DO NOT approach helicopter unless instructed to do so by helicopter crew.

### **Coordinating a Search**

- Before starting any club activity a cut off time for arrival back at the start location will be agreed between the walk leaders and club president and/or secretary.
- Group overdue by One Hour: Attempts will be made to contact group members by phone. Groups out on the hill and overdue should try to contact other group leaders and/or a responsible person back in Leeds, and/or the contact number for a pre-arranged meeting point (i.e. Pub or café) to inform them of an ETA.
- Group overdue by Two Hours: A visual check will be made of descent route, vehicle location, and any nearby public houses to try to locate group. A detailed list of the overdue group will be formed in preparation for calling rescue services.
- Group overdue by Three Hours or on-set of darkness: If no sign or contact has been made with overdue group senior members of valley based group will meet to discuss calling rescue services, things to consider will be the nature of the group's route, ability of group members and the current weather conditions.

**Reporting to the Student Union:** We will follow the Union's guidelines for reporting an incident.

**Reporting to the Club:** In the event of a serious incident the committee may decide, in consultation with the affected parties, to put together an official statement on the accident/incident. If it is deemed appropriate those involved may be allowed to include their own accounts of what happened, subject to committee approval.