

SAPA TREKKING RISK ASSESSMENT – ETHOS SPIRIT OF THE COMMUNITY



Activity / exercise: **Mountain Trekking (day trips and multi days trips)**

Activity / Element (Step 1)	Hazards Identified (Step 2)	Existing Controls (Step 3)	Is the Residual Risk Acceptable Yes / No (Step 4)	Additional Controls Required (Step 5)	Is the Residual Risk Acceptable Yes / No (Step 6)
Upland trekking	Adverse weather conditions	<ol style="list-style-type: none"> 1. Sufficient guide ratio following ETHOS policies. 2. Appropriate wet weather clothing taken on the trek. Shoes with good grip and a raincoat / poncho must always be highly recommended. 3. Check weather forecast to the best of our ability 4. Guest briefing to discuss landscape and compressively manage expectations. 5. Detailed kit list provided. 6. Basic first aid equipment carried by guide. 7. Alternate routes available and the guide is responsible for all decision making regarding safe trails. 8. Tours cancelled or curtailed if conditions require. 	Yes		

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Upland trekking	Terrain: Slips and trips leading to sprains, serious injury or death	<ol style="list-style-type: none"> 1. Briefing on crossing challenging terrain as required. 2. Correct route selection by guide. 3. trekking routes adjusted based on weather conditions 	Yes		

		<p>4. Correct footwear worn.</p> <p>5. First aid trained guide with group carrying basic first aid kit and aware of emergency contact procedure.</p>			
Upland trekking	Tree falls leading to head injury or cuts.	1. Avoid woodland and bamboo areas in periods of extreme wind.			
Upland trekking	Rock falls leading to injury or death.	1. Take necessary precautions around known danger areas and rock faces.			
Upland trekking	Landslides blocking safe routes or potentially causing injury or death.	2. Avoid areas of known danger after prolonged rainfall.			
Upland trekking	Waterfalls leading to drowning or injury.	<p>1. Provide properly trained and equipped lifeguards for our guides</p> <p>2. First aid trained guide with group carrying basic first aid kit and aware of emergency contact procedure.</p> <p>3. provide precautions before trekking point.</p>	Yes		
Upland trekking	Flash flooding and streams. Flashy rivers are ones where conditions change quickly with rainfall. There are various dangers associated with a flashy river. Storm surges may make know routes unpassable while swimming in high water might cause injury or drowning.	<p>1. Avoid crossing the streams when it has heavy rain and flooded.</p> <p>2. Caregiver supervision of children.</p> <p>3. Public awareness that drowning can happen quickly and quietly.</p> <p>4. Restriction of alcohol provision or supervision where alcohol is likely to be consumed</p> <p>5. Accessible to emergency services.</p> <p>6. Provided precaution when necessary</p>	Yes		
Hill walking	Getting lost	<p>1. Group remain with guide at all times.</p> <p>2. Guide carries a mobile phone an is able to contact the ETHOS headquarters in case of emergency.</p> <p>3. Police contacts are readily available and can be called on of required.</p>	Yes		
Hill walking	Fatigue	1. Sufficient guide ratios.	Yes		

		2. Physical assessments prior to departure. (Challenge matched to abilities) 3. Rest breaks. 4. Guide vigilance.			
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Hill walking	Thirst, hunger	1. Food and water carried. 2. Water refills and readily available and encouraged.	Yes		
Hill Walking	Effects of heat and cold. Hypo- and hyperthermia	1. Training and briefing. 2. Correct equipment and clothing to be worn and carried. 3. Recognition of symptoms of illness. 4. Instructor to carry emergency contact phone.	Yes		
Hill walking	Descent problems	1. Guide support offered.	Yes		
Hill walking	Heat exhaustion	2. Correct clothing to be worn	Yes		
Hill walking	Sunburn	1. Sun screen to be used	Yes		
Upland trekking	Asthma	1. Provide precautions before trekking			
Upland trekking	Hay fever	1. Take allergy medications			
Hill walking	Blisters	1. Boots fitted correctly. 2. Quality socks worn. 3. Feet prepared properly prior to activity. 4. Correct first aid administered.	Yes		

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Hill walking	Roads / traffic	1. Avoid dangerous roads.	Yes		
Hill Walking	Taxi ride	1. Work collaboratively with reputable companies. 2. Provide taxi company with regular feedback and assure any inappropriate driving is followed up.			
Hill walking	Having to stay out overnight	1. Route plan and time appreciation. 2. Competent navigation skills. 3. Communications carried.	Yes		
Hill walking	Crags / cliffs/ steep ground and waterfalls.	1. Avoid dangerous areas. 2. Adjust routes after periods of heavy rainfall.	Yes		

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Hill walking	Infection, biting, crushing & kicking	All animals on the site are properly controlled and supervised. Visitors should not touch the animals unless encouraged by their handlers. Supervisors should ensure children wash their hands after handling any animal.	Yes		

Hill walking	Bees, wasps and insects	1.These are natural inhabitants of the countryside. Bees & wasps pose no risk unless provoked. If children are stung seek aid from the person in charge. 2.Guides aware of procedure if guests show breathing difficulty or signs of anaphylactic shock.	Yes		
Hill walking	Mosquitos and mosquito borne diseases (Dengue fever, Encephalitis etc)	Recommend using insect repellent spray or equivalent.	Yes		
Hill walking	Leeches	Recommend using insect repellent spray or equivalent. Avoid dense vegetation during summer months after periods of heavy rainfall.	Yes		

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Upland trekking– home based issues	Food poisoning	1.Food & hygiene class provided to the homestay owners, lunch host families and all tour guides. 2.Prepared food to be covered when necessary. 3.Wash your hands in warm, soapy water before preparing food. Hand sanitising gel also available in the medical kit carried by guides. 4.Don't use the same cutting board for raw food that will be used for cooked (meat) and foods that are served raw (such as salads). This reduces the chances of cross contamination of food. 5.All food boiled or fried during preparation.	Yes		
Upland trekking– home based issues	Alcohol poisoning	1. Briefing provided before trekking regard to drink responsibly and how to refuse drinking. 2. Drinking water readily accessible at all times	Yes		
Upland	Fire	1.Guides attend fire safety & fire prevention course. 2.All persons are aware of what to do in a fire situation.	Yes		

trekking– home based issues		<p>3. Water and sand available on site in case of fire emergency.</p> <p>4. On tours with children, please assure that parents take responsibility for supervising children when cooking is taking place or activities involve close proximity to an open fire.</p>			
Upland trekking– home based issues	Smoke inhalation	<p>1. Briefing provided for guest(s) before staying in the local homestay.</p> <p>2. Precautions to people have asthma problems, chronic obstructive pulmonary disease, emphysema and chronic bronchitis.</p> <p>3. Alternative accommodation available in circumstances where asthma or breathing problems determine necessary.</p>	Yes		
Upland trekking– home based issues	Tools and sharp implements	<p>1. Briefing provided for guest(s) before staying in the local homestay.</p> <p>2. Well-organized tools and sharp implement storage in the homestay.</p> <p>3. Suitably supervised children by parents or guardian.</p>	Yes		
Upland trekking– home based issues	Domestic animals	<p>1. Briefing provided for guest(s) before staying in the local homestay.</p> <p>2. All animals are properly controlled and supervised. 3. Visitors should not touch the animals unless encouraged by their handlers. Supervisors should ensure children wash their hands after handling any animal.</p>	Yes		
Upland trekking– home based issues	Head Bangs	Briefing provided for the guest before staying in the local homestay.	Yes		
Upland trekking– home based issues	Sitting on a low small chairs, or on floor	Briefing provided to the guests before staying in the local homestay.	Yes		
Upland	Clean water access	1. Provided safe drinking water in all local homestay			

trekking– home based issues		owners. 2. Provide stainless steel tanks for storing clean, boiled water. These tanks are empty and cleaned every two weeks.			
Upland trekking– home based issues	Sleeping condition	Clean mattress, mosquito nest, blankets are provided. Provide hot water bag for the winter	Yes		
Upland trekking– home based issues	Mosquitos and mosquito borne diseases (Dengue fever, Encephalitis etc)	1. Recommend using insect repellent spray or equivalent. 2. Homes are equipped with the required number of mosquito nets.	Yes		

Emergency Contact Numbers:

Emergency Services (Vietnamese only): 115

Hospitals:

- Lai Chau: 02133875115
- Tam Duong: 02133879121
- Lao Cai: 02143482898
- Sapa: 020387116
- Muong Te: 0964661515



Taxi Services:

- Lai Chau: 0977600323
- Sin Ho: 02133899888
- Tan Uyen: 02133793793
- Tam Duong: 02133792792
- Muong Te: 02136262626 / 02133773793

