



Method Statement for Lift Industry Mental Health Charter, Snowdon Event 2024

Snowdon is the highest mountain in Wales and therefore involves careful consideration of various factors to ensure the safety of all participants. While this assessment is based on general principles and may not account for specific changes or conditions that may occur on the event day, it will serve as a helpful guideline.

Remember that conditions on Snowdon can vary greatly throughout the year. It's essential to stay informed about current conditions and to adapt your plans accordingly. If you are not experienced in mountain climbing, consider pairing with someone more experienced to enhance your safety and overall experience. Always prioritize safety and make informed decisions based on the specific circumstances at the time of your climb.

This risk and method statement should be reviewed and communicated to all participants before the walk. Additionally, a thorough assessment of current weather conditions and updates on the terrain should be conducted on the day of the activity. The group leader should have the authority to modify or cancel the walk if necessary to ensure the safety of all participants.

Weather Conditions:

Check the weather forecast before the climb. Adverse conditions like heavy rain, fog, snow, or high winds can increase risks and may result in route and/or timing changes, or even cancellation of the event as a whole. The event has been planned for July 2024 in the hope that weather will be manageable. However, we must stay aware that conditions can change rapidly, especially at higher altitudes, so must prepare for sudden weather shifts.

Physical Fitness and Experience:

Fitness level and experience of participants, as well as any pre-existing injuries should be assessed pre-climb. Climbing Snowdon can be physically demanding, and individuals should have a reasonable level of fitness and preferably (although not essential) some hiking experience.

Novice climbers will benefit from being led by other more experienced walkers, and/or those that have done the hike before. The group, if split, will take this into consideration.

Anyone who does not have a good level of fitness prior to the event, should participate in training in the leading weeks.

Route Selection:

Popular routes include the Llanberis Path, Miners' Track, Pyg Track, and Snowdon Ranger Path. A route should be chosen that matches the skills and experience of the group. Various routes are available if individuals feel they are capable and wish to venture away from the Llanberis path.

The chosen route should be researched including its difficulty, distance, elevation gain, and potential hazards. This information should be shared with the whole group and any concerns raised prior to the event. The recommended route is the Llanberis path, where first aiders and experienced hikers will be present.



Navigation and Equipment:

Carry a map, compass, or GPS device and know how to use them. Whiteout conditions can make navigation challenging, especially in winter.

Ensure proper footwear, clothing, and equipment, including waterproof clothing, sturdy hiking boots, and trekking poles if needed. Hikers should also carry enough water and snacks for the entire hike. Although there is a café at the summit, this should not be relied on for resources.

During this event in July, participants should also consider, lighter layers, sun cream, hats, sunglasses etc.

It is the responsibility of each participant to ensure they have the necessary PPE for their personal safety and comfort.

Altitude Sickness:

Snowdon's summit is over 1,000 meters high. Altitude sickness can be a concern for some individuals. Ascend slowly and allow time for acclimatization.

Emergency Plan:

Have a communication plan in case of emergencies. Ensure that someone not participating in the climb knows your intended route and expected return time.

Carry a fully charged mobile phone and, if possible, a satellite communication device.

Participants will be informed about emergency contact numbers and instructed on how to raise the alarm in case of an emergency.

A qualified first aid provider will be present within the group and equipped with a comprehensive first aid kit.

All participants will be made aware of the location of the first aid provider and how to access medical assistance if required.

Group Size:

Consider the size of your group. Smaller groups are generally easier to manage and can make decisions more efficiently. If a large group needs to be split, then communication between the groups is essential in case of an emergency.

Environmental Considerations:

Respect the natural environment. Stay on marked trails, avoid disturbing wildlife, and follow Leave No Trace principles.

Rescue and Medical Assistance:

Be aware that rescue operations on the mountain can be challenging and time-consuming, especially in adverse weather conditions. Always carry a basic first aid kit and know basic first aid procedures.