

ITCHYFEET SA: RIVER ROCK MOUNTAIN BUSH

STANDARD OPERATING PROCEDURE – DRAKENSBERG HIKING OVERALL	
HAZARD	CONTROL MEASURES
Hypothermia	• Ensure that appropriate protective equipment packed by all clients – checked before departure. • Ensure that energy rich fluids and food are carried. • Focus on leader, guides and participant awareness and mutual vigilance.
Hyperthermia / Dehydration	• Focus on leader, guides and participant awareness and mutual vigilance. • Ensure that adequate fluids and electrolytes are packed. • Take regular rest and shade stops if necessary. • Focus on awareness of fluid intake and management. • Focus on awareness of over exertion.
Sickness	• Focus on leader, guides and participant awareness and mutual vigilance. • Ensure that medical kit with medication carried. • Personal medication (if needed) carried.
Sunburn	• Encourage wearing a hat and sunblock. • Focus on leader, guides and participants awareness and mutual vigilance.
Group segregation	• Adhere to a never split up policy. • Point out the importance of staying together. • A guide must lead and a guide must sweep. • Perform regular head counts. • Focus on leader, guides and participants awareness and mutual vigilance, especially in low visibility.
Sprains, twists, falls	• Explain and demonstrate (if necessary) what safe hill walking is and why it is important.
Snake bite	• Leader, guides and participants awareness. • Instruct clients to pay attention. • When seeing or being close to any snake remain calm, leave it alone and walk around it.
Basotho herders	Instruct clients to do the following: • Be friendly and mind your own business. • Do not give any food, tobacco or any other item of value. • Do not camp near the top of well-used passes by the Basotho. • Do not camp within sight of villages or huts. • Camp close to the escarpment edge and maintain a low profile. • When passing the Basotho with dogs do so as a group.

	• Do not leave personal items outside tents at night. • Do not leave camps unattended.	
Adverse weather and exposure (wet, cold, wind, snow, ice, hail, lightning)	• Ensure that appropriate protective equipment is carried. • Acquire up to date weather forecasts. • Focus on recognizing and managing in advance.	
Slips and slides	• Ensure that appropriate footwear is worn. • Focus on ongoing monitoring of participants' technique. • Focus on good route choice and judgment. • Warn clients early of steep and exposed terrain and give alternatives. • Whenever anyone is climbing (nearing rock climbing) – STOP. • Where necessary use a rope. If a rope only will not safeguard an area – STOP.	
Rock fall	• Focus on recognizing potential sites where rock fall can happen. • Focus on close monitoring of group when near steep, loose terrain and cliffs.	
Getting lost	• Ensure that guides have adequate navigational skills, experience and familiarity with hiking route. • Ensure to always carry the correct map, compass and GPS.	
Snow bound	• Focus on recognizing and managing in advance. • Ensure that guides have adequate snow skills, equipment, use thereof and judgment. • Acquire up to date weather forecasts. • If in doubt do not proceed to higher grounds.	
Medical emergencies	• Acquire and carry medical information. • Plan route according to medical and physical information.	
Inability to contact external help	• Carry contact information of local KZN-Wildlife ranger on duty and MCSA KZN-Section Mountain Rescue. • Ensure the availability of Garmin inReach.	
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