

# Risk Assessment Checklist



For all walks, the combined level of risk (considering likelihood and impact) of all hazards in the below is considered to be LOW and the mitigation for controlling each one is documented accordingly. Occasionally there will be the need to use one's hands to help ascend a designated path. A separate risk assessment would be applied for each of these and appropriate mitigation taken to bring the risk down to an acceptable level.

<b>Hazard</b>	<b>Who might be harmed</b>	<b>How is the risk controlled</b>
<b>Traffic/roads</b>	All walkers	Cross at safer places (e.g. zebra crossings) Keep group together Leaders to wear hi-vis vests
<b>Walkers' well-being</b>	All, particularly those with potential health issues	Regularly check walkers' properly hydrated, not cold or suffering from heat/sun effects Leaders to carry a first aid kit Be prepared to call the emergency services on 999
<b>Livestock</b>	All walkers	Extra vigilance while crossing fields containing cattle (especially those with calves) Keep any dogs under control
<b>Other path users (e.g. cyclists &amp; other walkers)</b>	All walkers, particularly those with sensory impairments	Be aware that you are in a large group Keep to one side of the path, check the group is not drifting across path Ask walkers to help warn others of bikes approaching
<b>Over hanging branches and creepers across the path</b>	All walkers	Warn walkers as necessary on route
<b>Bad weather</b>	All, particularly weaker and/or less experienced walkers	Check walkers' clothing at beginning of walk Keep an eye on potential bad weather approaching, especially lightning Be aware of places to shelter Be prepared to abandon walk if necessary
<b>Group separation</b>	All walkers, particularly faster and slower walkers	Make regular stops for people to group together Possibly ask slower walkers to go to the front Use walkie-talkies for longer and challenge walks and maintain communication

<b>Hazard</b>	<b>Who might be harmed</b>	<b>How is the risk controlled</b>
<b>Slips, trips and falls</b>	All walkers particularly those with balance difficulties/mobility issues	Warn as necessary on route Help walkers around muddy spots, narrow paths, etc. Be prepared to abandon walk if path accessibility is very bad
<b>Inclines</b>	All walkers, particularly those with heart problems e.g. Angina	Warn prior to walk Be aware of walkers' health needs Allow everyone to take inclines at their own pace Remind walkers to take and use medication if necessary Rest at hill tops and wait for group
<b>Styles</b>	All walkers, particularly those with balance difficulties/mobility issues	Help walkers as necessary over stiles
<b>Walking in the dark</b>	All walkers, especially those with sight impairment	All walkers advised to bring a fully-charged (head) torch on all walks where the natural light may be poor (eg. night walk or winter evenings) Advise all walkers to stay close together with leader and back-markers wearing hi-vis vests
<b>New walkers</b>	All walkers, particularly the newwalkers	Each walker advised to print Emergency Information sheet and put in pocket or rucksack Share relevant disclosed health information with other walk leaders Be extra vigilant whilst walking
<b>Safeguarding</b>	Under 18s	Under 18s to always be under the supervision of a parent or guardian throughout the walk
<b>Watercourses &amp; cliffs</b>	All	Ask walkers to keep away from edges with no barriers Bring walkers attention to warning signs and life rings for water
<b>Insects, snakes, ticks etc</b>	All	Warn of possible ticks etc and suggest long trousers or long socks for grassy sections After grassy sections ask walkers to check legs for ticks Ensure tick remover in first aid kit