

Risk Assessment Checklist



For all walks, the combined level of risk (considering likelihood and impact) of all hazards in the below is 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.

Hazard	Who might be harmed	How is the risk controlled
Traffic/roads	All walkers	Cross at safer places (e.g. zebra crossings) Keep group together Leaders to wear hi-vis vests
Walkers' well-being	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
Livestock	All walkers	Extra vigilance while crossing fields containing cattle (especially those with calves) Keep any dogs under control
Other path users (e.g. cyclists & other walkers)	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
Over hanging branches and creepers across the path	All walkers	Warn walkers as necessary on route
Bad weather	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
Group separation	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

Hazard	Who might be harmed	How is the risk controlled
Slips, trips and falls	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
Inclines	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
Stiles	All walkers, particularly those with balance difficulties/mobility issues	Help walkers as necessary over stiles
Walking in the dark	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
New walkers	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
Safeguarding	Under 18s	Under 18s to always be under the supervision of a parent or guardian throughout the walk
Watercourses & cliffs	All	Ask walkers to keep away from edges with no barriers Bring walkers attention to warning signs and life rings for water
Insects, snakes, ticks etc	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