



# Risk Assessment

What are the risks or hazards	What could happen and who could be harmed	How we manage the risks
<p><b>Lack of confidence and/or skill</b></p>	<p>Leaders might become stressed and overwhelmed</p> <p>Walkers could be exposed to unnecessary risks</p>	<ul style="list-style-type: none"> <li>• Peer support is available from more experienced walk leaders</li> <li>• Leaders only lead within their capabilities</li> </ul>
<p><b>Lots of people in the group</b></p>	<p>Leader could be stressed and overwhelmed, walkers could be exposed to unnecessary risks</p>	<ul style="list-style-type: none"> <li>• Appoint an experienced walker as the back marker</li> <li>• If the group has more than 25 walkers, appoint a second experienced walker as the middle marker</li> <li>• Stay in sight or communication with the back marker at all times</li> </ul>
<p><b>Walkers act recklessly</b></p>	<p>Walkers could put themselves and others at risk</p> <p>Leaders could become stressed and overwhelmed</p>	<ul style="list-style-type: none"> <li>• It is the responsibility of walkers to behave sensibly at all times and minimise the potential for accidents</li> <li>• Give a walk briefing before setting off, to share your plan and expectations</li> <li>• Before and on the walk the leader should highlight potential hazards to walkers so that they can keep themselves and others safe</li> <li>• Communicate with walkers throughout the walk</li> </ul>
<p><b>Weather</b></p>	<p>Walkers are exposed to extreme cold, heat or wet</p>	<ul style="list-style-type: none"> <li>• Check the weather before the walk</li> <li>• Set an appropriate pace and take breaks as needed</li> <li>• Stay alert to changing conditions and adjust plans accordingly</li> </ul>



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<b>Getting lost</b>	Walkers get lost  Walkers are exposed to extreme cold, heat or wet  Walkers run low on food/drink supplies	<ul style="list-style-type: none"> <li>• Where possible, recce the route in advance – or carefully plan with good local knowledge, guidebooks and/or maps</li> <li>• Ensure walkers are aware of a broad outline of the route</li> <li>• Ensure appropriate navigation skills in the group for the walk and possible conditions</li> <li>• Know the hours of dusk and darkness, and plan accordingly</li> <li>• Carry relevant kit – for example a whistle &amp; small first aid kit</li> </ul>
<b>Terrain</b>	Walkers trip or fall, resulting in injury	<ul style="list-style-type: none"> <li>• Check for muddy/slippery/steep sections when planning and highlighting the benefit of walking poles in the walk description and/or circulate the information to members before the walk</li> <li>• Walkers are responsible for ensuring that they are fit and adequately kitted out to participate in the walk</li> <li>• Offer reassurance to nervous walkers &amp; take adequate breaks</li> <li>• Adjust plans on the walk if necessary</li> <li>•</li> </ul>
<b>Unsafe/unstable geographic features or obstacles</b> (e.g., water, tides, rock fall, overhangs and fallen trees)	Walkers trip or fall, resulting in injury  Walkers get into difficulty and are at risk of drowning	<ul style="list-style-type: none"> <li>• Follow any local warning or signs and advise walkers to keep away from sheer drops/edges</li> <li>• Check paths are suitable for a group to use safely and make changes if necessary</li> <li>• Make contingency plans to deal with the unexpected features and obstacles</li> <li>• When crossing significant water features – use bridges or other recognised water crossing points</li> <li>• Check the tide times</li> <li>•</li> </ul>



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<b>Livestock</b>	Walkers are at risk of injury from livestock  Property is damaged  The wider public are at risk of injury from escaped livestock	<ul style="list-style-type: none"> <li>• Cross fields with livestock calmly and quietly, keeping the group together and any dogs on a short lead (releasing the dog if charged by cows)</li> <li>• Follow the Countryside Code (England and Wales)</li> <li>• Leave gates and property as you find them</li> </ul>
<b>Roads</b>	Walkers are at risk of road traffic accident  Other road users are at risk of accident	<ul style="list-style-type: none"> <li>• Maintain single file on any road sections without footpath/pavement</li> <li>• Plan route to avoid walking along busy roads where possible</li> <li>• Check for suitable safe crossing places</li> </ul>
<b>Losing walkers</b>	Walkers could get lost/left behind	<ul style="list-style-type: none"> <li>• Regular headcount and communication with the group</li> <li>• Check regularly with the back marker that no one is missing</li> <li>• Communicate with the group throughout the walk</li> </ul>
<b>Accident or medical emergency</b>	Walkers require first aid or medical attention	<ul style="list-style-type: none"> <li>• Ask walkers to carry an in Case of Emergency (ICE) card</li> <li>• Know how to contact the emergency services</li> <li>• Ensure mobile phone is fully charged</li> <li>• Install 'what 3 words' app on mobile device</li> <li>• Carry a small first aid kit</li> </ul>