

RISK ASSESSMENT

Walk this Way... South Downs Women's Walking Group

Date:	2016 Walks Programme	Area / Activity:	Recreational Countryside and Beach Walking		
Additional Information:	This is a Generic Risk Assessment covering all Walk this Way... walks including organised UK Walking Holidays				
Generic Risk Assessment:	Countryside Walking & Coastal Walking	Supervisory Arrangements:	Walk Leaders		
First Aid Arrangements:	First Aid Kits and Medical Contact Numbers to be carried by Participants	Nearest Emergency Department:	TBE depending on Walk Location		
Assessed By: (Name & Position)	Jackie Barlow Suzy Luckin	Approved By: (Name & Position)	Walk this Way... Committee	Review Date:	01/01/2017

<p><i>Severity</i></p> <table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <td></td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>5</td> <td style="background-color: red;">25</td> <td style="background-color: red;">20</td> <td style="background-color: orange;">15</td> <td style="background-color: orange;">10</td> <td style="background-color: yellow;">5</td> </tr> <tr> <td>4</td> <td style="background-color: red;">20</td> <td style="background-color: red;">16</td> <td style="background-color: orange;">12</td> <td style="background-color: orange;">8</td> <td style="background-color: yellow;">4</td> </tr> <tr> <td>3</td> <td style="background-color: orange;">15</td> <td style="background-color: orange;">12</td> <td style="background-color: yellow;">9</td> <td style="background-color: yellow;">6</td> <td style="background-color: yellow;">3</td> </tr> <tr> <td>2</td> <td style="background-color: orange;">10</td> <td style="background-color: yellow;">8</td> <td style="background-color: yellow;">6</td> <td style="background-color: yellow;">4</td> <td style="background-color: yellow;">2</td> </tr> <tr> <td>1</td> <td style="background-color: yellow;">5</td> <td style="background-color: yellow;">4</td> <td style="background-color: yellow;">3</td> <td style="background-color: yellow;">2</td> <td style="background-color: yellow;">1</td> </tr> </table> <p><i>Probability</i></p>		5	4	3	2	1	5	25	20	15	10	5	4	20	16	12	8	4	3	15	12	9	6	3	2	10	8	6	4	2	1	5	4	3	2	1	<p>Severity Rating: 5 = Fatality 4 = Serious Injury (hospitalisation) 3 = Moderate Injury 2 = Minor Injury 1 = Trivial Injury or minor cuts</p> <p>Likelihood Rating 5 = Extremely Likely 4 = Probable 3 = Occasional 2 = Remote 1 = Very remote</p> <p><i>Under Risk Rating column</i> <i>S = Severity, L = Likelihood, RR = Risk Rating (S x L)</i></p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="width: 20px; height: 20px; background-color: red; margin-right: 5px;"></div> <p>16 – 25 = Unacceptable, High Level of Risk. Immediate controls required to reduce risk or stop activity.</p> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="width: 20px; height: 20px; background-color: orange; margin-right: 5px;"></div> <p>10 – 15 = Undesirable, Medium Level of Risk. Further action required to reduce risk, if reasonably practicable.</p> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="width: 20px; height: 20px; background-color: yellow; margin-right: 5px;"></div> <p>3 – 9 = Low Risk. Risk should be managed appropriately and reduced where reasonably practicable.</p> </div> </div>
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Hazard	People/Items at Risk	Details	Risk Rating			Control Measures
			S	L	RR	
Slips Trips and Falls (major)	Walkers	Damage to limbs, possibly severe	5	2	10	Potential Hazards to be established by Walk Leader prior to walk and briefed to all before departure. Correct country walking footwear to be worn by all participants. Walking poles to be used in hazardous areas

Hazard	People/Items at Risk	Details	Risk Rating			Control Measures
			S	L	RR	
Slips, Trips and Falls (other)	Walkers	Damage to limbs	4	2	8	Potential Hazards to be established by Walk Leader prior to walk and briefed to all before departure. Correct country walking footwear to be worn by all participants. Walking poles to be used in hazardous areas. Gates and Stiles to be used when crossing walls and fences, Bridges or Stepping Stones where possible when crossing Streams
Damage from low Branches, Brambles etc.	Walkers	Damage to any body part	2	3	6	Walk Leader to warn following walkers if there is an obstruction caused by low hanging branches or brambles etc. Walk Leader to carry secateurs to remove obstruction if possible
Damage from falling rocks or stones	Walkers	Damage to any body part	5	2	10	Avoid walking under steep surfaces where rock falls could occur. Cross all walls and fence boundaries through gates, stiles or other official exits
Hypothermia/Exposure	Walkers	Walkers affected by excessive wind and/or rain, leading to Exposure	4	2	8	All walkers to carry adequate walking gear for country walking and the Walk Leader to call off, or alter the walk in the event that the weather conditions are, or become, hazardous
Road Traffic Accident	Walkers		5	2	10	Leaders to avoid road walking as much as possible. On roads keep group together, face on-coming traffic. On bridleways look out for, and stand aside of, fast moving mountain bikes
Farm Animals	Walkers		4	2	8	All dogs to be kept on leads when approaching farm livestock. Avoid walking between farm animals, especially cows and calves. Avoid loose sheepdogs in farm yards!
Getting Lost	Walkers	Walkers becoming detached from main group, and then getting lost	3	2	6	Back marker on all walks. Route briefed prior to departure and walkers encouraged to carry maps, compass and GPS
Insect Bites & Stings Tick Bites	Walkers	Leader advises possible areas, Walkers cover up if risk of sheep ticks. Leader checks for anyone carrying Epi-pen.	2	3	6	Avoid walking through heavy bracken especially in shorts. Keep to trodden paths. Leader to record bites and stings requiring first aid and/or use of Epi-pen
Snakes	Walkers	Danger of snake bites	4	1	4	Avoid areas where snakes are likely to bask
Heart Attack/Stroke	Walkers	Chest Pains or peculiar behaviour or slurred speech	5	1	5	Immediately call for medical help if a walker shows any form of distress

ADDITIONAL NOTES

All Walks will be properly planned and as far as possible walked out, thereby identifying all current hazards, by the Walk Leader prior to the date of the Walk. All Walks will be briefed prior to departure to allow individual walkers to assess their ability to complete the walk in Safety. Walkers will not be allowed to participate if the Leader feels they are inadequately dressed or do not have the required level of fitness to complete the Walk. Walkers are allowed to leave a Walk, but in so doing they are no longer the responsibility of the Leader of Walk this Way Walking Group. The Walk Leader will be supported by a Backmarker, who the Leader will appoint on the day. Walkers should at all times be in contact with the leader or Backmarker, preferably both. All Group Members should have received and read a Members Leaflet which sets out their responsibilities on a Group Walk. This is also available to read on our Website: www.walkthiswaysouthdownswomenswalkinggroup.org

Approval Signature:	Jackie Barlow	Date:	1 st April 2016
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