

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

RISK MANAGEMENT

The Group exists to enable members and their guests to enjoy walking in the countryside as a social group. Like any other activity there are identifiable risks to safety and health. Although the likelihood of a significant injury or health related incident is very low, in order to minimise risks to walkers and to others, and to comply with the requirements of the Group's Insurer, a risk assessment has been made.

Each Group member and guest who takes part in a Group walk has a duty of care to safeguard their own safety and that of others including any persons not involved with the Group activity. Guests should be made aware that they take part in the walking activity at their own risk and may not be covered by the Group's Insurance Policy.

Each Group member is responsible for their own Health & Safety whilst walking with the Group. A Physical Activity Readiness Questionnaire (PARQ) is available to download from our website and should be completed and handed to the walk leader. This should be updated as necessary if any health conditions or essential medication change.

Each Group member should be made aware that if they decide to not complete the walk or to deviate to an alternative route they do so at their own risk and will not be covered by the Group's Insurance Policy.

In order to cater for the worst-case scenario on every walk organised by the Group the following **must** be carried by the Leader or other Group member:-

1. A mobile telephone for use in an emergency.
2. A first-aid kit with contents suitable for the treatment of injuries, stings etc. as identified in the risk assessment.
3. A notebook kept with the first-aid kit to record and contain the details of:
 - Any incident requiring first-aid treatment and the type of treatment given.
 - The reason for and time of any requirement to call for Emergency Services.
 - Any hazard which is considered to be a significant risk to other walkers and users for forwarding to the appropriate Local Authority Rights of Way Officer.

Finally...

Each Group member is asked to keep an envelope containing details of their Next of Kin plus any essential medication and/or allergies in their rucksack whilst walking with us.