

Risk Assessment

	Risk Assessment			
Activity with Potential Risk	Risk Identified	Parties at Risk	Risk Assessment L/M/H	Risk Reduction Actions
Walking steep/rough/uneven/slippery terrain	Injury to foot/leg/body from trip, slip or fall	All	M	Leader recce walk. Leader briefing before the walk – communicate hazards. Planning route around difficult sections –unhurried pace on difficult sections. Walkers responsible for wearing correct footwear
Accidents, slips/falls	Broken limbs, sprained joints, pulled muscles. Hyperthermia, unconsciousness.	All	L	Walkers responsible for seeing their footwear is fit for purpose. Navigation to avoid difficult terrain Use Accident and Emergency procedure.
Crossing stiles and gates that are badly maintained	Slip or fall	All	L	Leader to warn the group who support each other while crossing.
Walking along roads	Collision with vehicle causing injury or death	All	L	Use a pavement if available – if not proceed in single file paying attention to the Leader (and Back marker when appropriate)
Crossing roads	Collision with vehicle causing injury or death	All	L	Leader to identify optimum place for group to cross the road and each walker takes responsibility for them self
Crossing Railways	Collision with train causing injury or death	All	L	Leader to brief group on potential hazard. Walker to take responsibility for them self
Fast flowing streams/swollen water courses	Drowning, getting cold	All	L	Observe local weather reports prior to walk. Find alternative route round the watercourse
Forecast adverse weather	Unable to find references, getting lost. Inability to protect from elements	All	L	Leader responsibility and Guidance. Monitor weather reports. Cancel walk if necessary and re-plan walk.

Extreme weather conditions	Unable to find references, getting lost. Inability to protect from elements (wet and cold/heat exhaustion, sun stroke).	All	L	Leader to check weather forecast and be aware of the effects of weather/temperature. Cancel walk if necessary. Walkers to be prepared for changes in conditions and inform leader if they feel unwell.
Poor visibility, white out	Unable to find references, getting lost. Inability to protect from elements	All	L	Use navigation skill resources available in group (including GPS)
Lack of navigational skills for planned route	Getting lost. Exposure to elements for longer than expected. Injury if walkers stray from safe route	All	L	Leader does a recce and is encouraged to ask for help if needed. Use maps and navigational skills resources of group.
Strong winds at height or near cliffs	Falling or difficulty in walking	All	L	Leader to brief group of potential hazard. Find alternative route to lower ground or a shelter
Incorrect clothing	Hypothermia. Poor insulation, getting wet effects of wind chill. Heatstroke	Walker	L	Walker responsible for having the correct clothing
Incorrect footwear	No support to ankle, wet feet, slipping/tripping	Walker	L	Walker responsible for having correct footwear
Lack of water/fluids	Dehydration, headaches.	All	L	All walkers to carry adequate level of fluids.
Sunburn/snow glare	Sun burnt skin. Snow blindness	All	L	Walkers responsible for applying creams regularly and wearing eye protection

The analysis suggests that, as long as leaders and walkers adhere to the measures listed above overall levels of risks are low. The greatest probability of a problem arising is due to hazardous walking surfaces. Care needs to be taken when walking particularly on public roads.

Key L Low level risk
M Medium level risk
H High level risk