

## Sale Walking & Activity Group : General Risk Assessment

Covering all walks, walkers and walking conditions

Date: 30 May 2024 Assessment carried out by: Andrew Wright

Reviewed : SWAG Committee

# SWAG

Hazard	Who might be harmed	Existing Controls / Controls in place	Further Action Yes/No	Action Required By Whom / Date
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Walk Suitability	All Walkers	<ul style="list-style-type: none"> <li>It is recommended that leaders carry out a recce of the walk prior to leading the walk for the group to establish suitability and record any risks.</li> <li>Walk Co-Ordinators will review proposed walks and give advice on distance/terrain/walking conditions to the leaders (if appropriate), and assist new walk leaders as required</li> </ul>	<p>Yes</p> <p>Yes</p>	<p>All Leaders Ongoing</p> <p>Walk Co-Ordinators Ongoing</p>
Communication	All Walkers	<ul style="list-style-type: none"> <li>The leader will communicate all arrangements for the walk, including meet up locations for car sharing and for the start of the walk and relevant times for each location. Advise if breaks are planned, to bring adequate food and drink for the length of walk, and whether toilet facilities are available during the walk.</li> <li>Walk leaders can use “what 3 words”, post codes and descriptions (or a combination of all 3) to pin point the start point.</li> <li>Specify Car Parking arrangements. Where the walk start point is a private car park, the leader will obtain permission to use the car park and make participants aware of any conditions.</li> <li>A description of the walk, including the relevant grade, and any specific risks associated that have been identified</li> <li>Leader to provide their mobile number and carry a fully charged phone</li> </ul>	<p>Yes</p> <p>Optional</p> <p>Yes</p>	<p>All leaders Ongoing</p> <p>All Leaders On going</p>
Trip Hazards and obstacles on the route eg. fallen trees /branches, muddy surfaces/Ice	All Walkers	<ul style="list-style-type: none"> <li>Where possible, recce the route a week or so in advance, or carefully plan with good local knowledge, guidebooks and/or maps. Have a contingency plan in place to alter the route should changes be needed</li> <li>Pre-warn walkers of hazards</li> <li>Remove manageable obstacles if deemed necessary</li> <li>Request all walkers wear strong walking boots/walking shoes and be prepared to refuse anyone not wearing the correct footwear</li> </ul>	<p>Yes</p>	<p>All Leaders Ongoing</p>

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Separation from the group	All Walkers Particularly elderly/slow walkers	<ul style="list-style-type: none"> <li>Take a headcount at the start and finish of the walk and at regular intervals during the walk</li> <li>Pause at key points along the way</li> <li>Nominate a back-marker (groups over 15)</li> <li>For larger groups, nominate a mid-marker (larger groups typically 30+)</li> <li>Leader to keep in regular contact with mid and back markers, and to have regular stops to keep the group together</li> </ul>	Yes	Walk Leaders Ongoing
Farm animals, horses, guard dogs	All Walkers	<ul style="list-style-type: none"> <li>Advise walkers at the start of the walk if they might encounter animals.</li> <li>Don't take dogs on walks unless prior permission is given by the walk leader in their written walk description</li> <li>In areas where livestock roam freely, it's crucial to keep your dog on a leash to prevent them chasing or disturbing animals. However, if you become threatened by livestock or horses, do not risk getting hurt protecting your dog. Releasing your dog will make it easier for you both to reach safety</li> </ul>	Yes  Yes	Walk Leaders On going  All walkers wanting to bring dogs
Weather Conditions	All Walkers	<ul style="list-style-type: none"> <li>Check the latest weather forecast on the day before to ensure the weather is suitable to proceed or if the walk should be postponed or changed</li> <li>Be aware of places to shelter</li> <li>Notify walkers to wear suitable clothing for the forecast conditions eg. Waterproof clothing, hats for the sun and rain, gloves, walking poles etc, and to be equipped to complete the walk should the weather conditions deteriorate during the walk.</li> <li>Carry out a dynamic risk assessment if the conditions change severely during the walk and be prepared to cancel the walk if necessary</li> <li>Consider alternative route options to shorten the walk if weather conditions deteriorate during the walk</li> </ul>	Yes	All walk Leaders Ongoing

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Capability	All Walkers	<p>All walkers should read carefully the individual walk descriptions, distances and grades, and the relevant health and safety comments carefully, before deciding on their capability to complete the walk, bearing in mind that unforeseen circumstances could cause the walk to be extended, or for the group to be detained in an exposed position.</p> <ul style="list-style-type: none"> <li>• Every person partaking on walks is aware (and accepts for themselves) that those perceived of as 'in charge', or leading a walk, are not qualified, do not need to be qualified, are not regarded by the group nor regard themselves as 'technical experts', but are amateur walkers with some experience who are happy to impart their knowledge and that any advice given be viewed with this in mind by the recipient.</li> <li>• Leaders will plan walks which are within their capabilities and could reasonably be expected to be within the capabilities of the group. If in doubt, they will check with their walk co-ordinator</li> </ul>	<p>Yes</p> <p>No</p> <p>Yes</p>	<p>All Walkers planning to attend a walk</p> <p>On going</p> <p>Walk leaders to check with relevant Co-Ordinator if required</p>
First Aid, Medication, Other Equipment	All Walkers	<ul style="list-style-type: none"> <li>• The group does not provide first aid equipment, <b>all walkers must bring their own first aid kit, sun protection and insect repellent</b></li> <li>• Walkers must bring their own medication</li> <li>• Walking poles are advised on hilly and muddy terrain</li> <li>• Walkers will provide their own food and drinks adequate for a full day's walk and sufficient to keep themselves hydrated</li> <li>• It is expected that walkers will bring a suitable rucksack to carry their personal belongings/food and drinks, enabling them to keep their hands free during the walk</li> </ul>	Yes	All walkers Ongoing

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Following Instructions	All Walkers	<ul style="list-style-type: none"> <li>It is essential all walkers follow the leader's instructions for the safety of the group</li> <li>Always walk behind the leader unless otherwise agreed with the leader</li> <li>Leaders set the pace for the whole group, walkers should not deviate from the route</li> <li>The leader will carry sufficient navigational aids, such as walking guides, maps, digital aids, compass etc. to ensure the group keeps to the planned route</li> </ul>	Yes  Yes	All Walkers attending a walk Ongoing  Leaders Ongoing
In case of Emergency (ICE)	All Walkers	<ul style="list-style-type: none"> <li>Walkers should carry a card in their rucksack preferably, or in their possession, a card with their emergency contact name and telephone number, in the event that the person becomes unwell or injured during the walk, and they or the leader requires assistance or advice</li> </ul>	Yes	All Walkers Ongoing
Follow the Country Code	All Walkers	<ul style="list-style-type: none"> <li>Stick to the recognised footpaths, and avoid straying on to adjoining crops, and follow farmers instructions when crossing their land and do not trespass on to private land</li> </ul>	Yes	All Walkers Ongoing
Roads	All Walkers	<ul style="list-style-type: none"> <li>Warn of sections of road walking as they occur ahead</li> <li>Warn to only cross the road where visibility is good</li> </ul>	Yes	Leaders Ongoing

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Anti-Social Behaviour	All Walkers	<ul style="list-style-type: none"> <li>Avoid confrontation with walkers from other groups/general public</li> <li>Report non-emergency incidents to the police using 101 and emergency incidents using 999</li> </ul>	Yes	All Walkers Ongoing
Personal Health	All Walkers	<ul style="list-style-type: none"> <li>Participants should report to the walk leader or an assistant leader if they feel unwell during the walk and wish to discontinue</li> <li>All walkers should carefully consider their current health and fitness status and if they have any concerns contact the walk leader to discuss their suitability</li> </ul>	Yes	All Walkers Ongoing
Walks on Weekend Breaks	All Walkers	<ul style="list-style-type: none"> <li>As it won't be possible to do a full recce of most walks prior to the event, the walk leaders will plan a walk based on local maps, books and walking Apps.</li> <li>They will carry out a walk briefing prior to the walk, explaining that a full recce and RA hasn't been possible, explain the terrain and amount of climb/ascent expected based on route planning carried out. They will stress that anyone wishing to attend the walk does so with these additional risks, and that if they join the walk, they do so, knowing the additional risks involved</li> </ul>		
Walk co-ordinators		<ul style="list-style-type: none"> <li>The walk co-ordinators are key job roles, and must have experience in leading walks</li> </ul>		
Other non-walking outdoor physical activities		<ul style="list-style-type: none"> <li>The organiser must carry out a risk assessment for each event organised.</li> </ul>	Yes	organisers

This risk assessment will be reviewed again by 30 April 2025, or as and when an incident occurs that requires further changes to be made.

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