

Friends of the S&DR Risk Assessment

Activity: Guided Walks

Assessment carried out by:

G Wilkinson

Date: 6th June 2024

Hazard	Risk	How to control the risk	What further action is required?	Action by who?	By When?	Done
Pre-walk surveillance required as per Friends of S&DR Checklist for Walk Leaders	below as applicable	communication by Walk Leader	Walk Leader to carry mobile phone for any emergencies	Walk Leader	day before the walk	
moving/speeding vehicles	walkers being struck and injured	Walk Leader keep walkers away from roads with traffic where possible. Communicate safe parking locations in advance of the walk. Cross roads promptly as a group	consider appointing a walk rear guard as well as a walk leader	Walk Leader	on the day	
Inclement weather	hypothermia, depleted energy	walkers to carry warm and waterproof clothing with them if rain is forecast or likely and a packed lunch for longer walks	check weather forecast on the day before the walk is planned and consider cancellation in severe weather	Walk Leader	day before the walk	
hot sunny weather	dehydration is principal risk but also, sunburn and sun stroke risk to walkers	walkers to carry water, sun screen and sun hat	have spare bottles of water available at start of walk	Walk Leader	day before the walk	
hidden obstacles in vegetation/ uneven terrain, soft ground	tripping and falling injuries	walkers required to keep to the paths and shorter grass. Preferably wear sturdy footwear	walkers to consider using walking poles for hilly terrain	Walk Leader	day before the walk	
large farm animals	risk of trampling/crushing by cows with calves, horses with foals etc.	walk slowly through field as a group to avoid location of animals. Keep dogs on a short lead at the back of the group and release dogs from lead if animals approach walkers with dogs.		Walk Leader	on the day	
stiles, fences	risk of tripping and falling injuries	take care and take time when climbing and stepping over stiles and fences	Assist other walkers as necessary	Walk Leader	on the day	
walkers wandering away from the group	individuals could get lost on their own away from the path	Walk leader to count the number in the group at the start and at intervals during the walk	Walkers can leave the walk if the walk leader is informed of reduced numbers	Walk Leader	on the day	
barbed wire, sharp edges	cuts and sprains	walk leader to carry basic first aid kit for use as appropriate		Walk Leader	on the day	
Walking long distances and climbing ascents	Exhaustion with weaker or elderly walkers	communicate the difficulty of the walk to more vulnerable people. Allow plenty of time for the slower to keep up.	Plan rest periods and locations and comfort breaks. Consider a plan 'B' shorter walk with a deputy leader.	Walk Leader	before the walk and on the day	
Covid	infection and debilitation from virus	Follow government communicated guidance		Walk Leader	on the day	