

Old Hall Walking Club - Risk Assessment

Reviewed July 2024

Identified Risk/Hazard	What risks do they pose?	Who is at risk?	Estimated Risk Rating H/M/L ¹	Control measures taken to reduce risk	Risk Rating achieved H/M/L ¹
Activity: Travelling to/from walk or weekends away					
Car accident	Injury/death to occupants	Occupants	L ²	Experienced, mature drivers. At the start of the day, ask another member to drive if tired or unwell. Plan walks so as to minimize risk of late return, which might prompt speeding. Stop for a break if tired.	L
Coach accident if hired at HF weekends or abroad	Injury/death to occupants	Occupants	L	Use reputable company.	L
Activity: Walking					
Transmission of COVID-19 through close contact / meeting other people	Spreading of Covid-19	Walkers, members of public	M	Advise members not to walk if they are unwell.	L

¹ Risk Rating = likelihood frequency of exposure to risk x possible outcome magnitude of event

² Using https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/648081/rrcgb2016-01.pdf: 109046 car occupant casualties in 2016 over 252.6 billion road miles. Accident rates were flat in 2016 so assume this still applies. If annual mileage is assumed to be 10,000 miles, this amounts to 1 casualty in 232 years of driving.

				<p>Leader to record who attended the walk</p> <p>Remind walkers to carry a personal first aid kit to deal with minor incidents themselves and a face covering in case they need to receive first aid.</p> <p>Leaders to carry disposable gloves, a face covering and full waterproofs to use as PPE in the event of having to administer First Aid.</p> <p>Advice members to be fully up-to-date with Covid and flu vaccinations.</p> <p>Walkers to carry hand sanitiser and gloves.</p>	
Additional risks posed by incidents	Worsening condition/injury due to longer than normal wait for rescue	Walkers	M	<p>Leader carries bothy shelter.</p> <p>Advise walkers to carry extra clothing, food and bivy bag,</p>	L
Lack of navigational skills for planned route	Getting lost	All	L	Leader training and leader responsibility guidance. Route planning and carrying out recce. Use navigation skill resources available in group.	L
Losing map/compass	Unable to navigate	All	L	Ensure a minimum of 2 maps within group. Carry a spare compass. Use navigation resources available in group.	L

Poor group control	Group split/loss of members	Participant	M	Use of back-marker, regular stops and head count, communicate regularly, use of walkie-talkie. Continual vigilance by walk leader and participants. Communicate advice on what to do if separated from group. Tell participants to carry leader's mobile phone number.	L
Loss of daylight hours	Navigating in the dark and greater risk of getting lost. Increased risk of trips, slips and falls	All	L	Plan activity period with daylight hour to spare. Cut short walk/use of escape routes. Torch guidance given in Members' Handbook. Members advised to carry survival bag and leader carries emergency shelter on upland walks.	L
Benightment	Not finding shelter, insufficient food/fluid to last . Effects of the cold.	All	L	Use of survival bag and bothy bag. Share remaining food/fluid. Leave route details at base/contact number. Phone or text base contact or notify police via 112 text if signal very poor.	L
Steep, Loose, Rough, uneven or slippery terrain	Injury to foot/leg/body/head from trip, slip or fall	All	H	Grading of walks. Published walk brief. Leader briefing at start of walk. 1-1 briefing with new/inexperienced walkers. Planning route around difficult sections. Use walking poles on descent routes. Unhurried pace on difficult sections. Communicate hazards. Correct footwear. Participants focus on foot placement. Carry ICE card and additional medical information carried in ruck sack recommended to assist in case of accident. Carry first aid kit. Register mobile phones for 112 texting. Install a Grid Reference GPS finder app and What3Words app to help in reporting location accurately. Members advised to carry survival bag and leader carries emergency shelter on upland walks.	M

Forecast adverse weather	Unable to find references, getting lost. Inability to protect from elements	All	M	Leader training and leader responsibility guidance. Monitor weather reports. Cancel walk. Re-plan route/walk	L
Poor visibility, white-out	Unable to find references, getting lost	All	L	Use navigation skill resources available in group. Club policy to not plan a walk in ice and snow conditions that present a white-out hazard	L
Strong winds at height or near cliffs	Falling or difficulty in walking ability	All	M	Brief group of potential hazard. Find alternative routes to lower ground/shelter.	L
Fast flowing streams / swollen watercourses	Drowning, getting wet/cold	All	L	Find alternative routes around watercourse.	L
Change in weather, snow conditions	Unable to find references, getting lost. Inability to protect from elements, underfoot changes	All	M	Check weather forecast, awareness of weather / temperature effects. In-walk assessment of hazards to group and actions to minimise risk. Pre-planned escape routes. Ensure group is prepared (clothing etc) for change in conditions	L
Avalanche/unstable snowpack	Injury to body, suffocation, loss of group members, falling vertically	All	L	Club policy to not plan a walk in ice and snow conditions that present a hazard so avalanche conditions should not be encountered	L
Poor fitness / health of participants	Slow movement over ground, late return time, loss of daylight hours	All	M	Grading of walks. Published walk brief. Leader briefing at start of walk. Communicate regularly. Modify route to shorten walk.	L
Unexpected accident or illness during walk	Affected individual(s) slow or unable to complete walk. Risk to other participants of	All	L	Grading of walks & published brief ensure walkers competent for relevant grade of walk. Walkers advised to carry first aid kit and survival bag and ICE card. Leader carries emergency shelter on upland	L

	cold and fatigue caused by delay			walks. Carry mobile phones and register for 112 texting. Regular first aid training provided for leaders.	
Occurrence of pre-existing illness or condition during walk	Affected individual(s) slow or unable to complete walk. Risk to other participants of cold and fatigue caused by delay	All	L	In addition to the previous entry, members are advised to inform the walk leader of any medical conditions and any medication carried.	L
Inappropriate clothing	Hypothermia, poor insulation, getting wet, effects of wind chill	Participant	H	Clothing guidance given in Member's Handbook. Regular walkers. Leader ensuring clothing is adequate before start. Members advised to carry Survival bag and leader carries emergency shelter on upland walks.	L
Poor / incorrect footwear	No support to ankle, wet feet and slipping on wet grass	Participant	M	Footwear guidance given in Member's Handbook. Most walkers are regular walkers so have appropriate footwear. Leader ensuring footwear is adequate before start	L
Lack of water / fluids	Dehydration, head aches	All	M	Fluid guidance given in Member's Handbook. Most walkers are regular walkers so are aware of fluid requirements. Leader ensuring fluid level is adequate before start	L
Sunburn / Snow glare	Sun burnt skin, pain/sore skin. Snow blindness	All	M	Remind the group to apply creams regularly and wear eye protection and/or sunhat.	L
Insect bites / stings	Skin irritation from bites	All	M	Carry insect repellent and personal first aid kit, tick remover	L
Livestock	Danger or injury from cattle, horses (particularly bulls).	All	M	Recce walks that pass through farmland. Be prepared to change route if necessary. Deviate around animals to avoid making them nervous. Don't trap animals in a corner – leave an escape route. Move	L

				the group quietly away and out of the field as soon as possible. If cattle get too close, turn quietly towards them with arms and/or poles outstretched. Do not allow dogs on walks which cross fields with cattle. If a dog is on the walk, send the rest of the party across and out of the field first. Put the dog on a lead and the dog with owner crosses the field after the other members of the party.	
Dogs	Trip or bite. Injured or lost dog	All	M	Dogs normally only allowed on Green or Summer Evening walks at leader's discretion and required to be controlled. Poorly controlled or problematic dogs to be banned from further walks. Carry spare map/compass to give owner in the event of injured or lost dog.	L
Walking on roads	Injury from traffic	All	M	When route planning, try to avoid (or at least minimise) walking along busy roads. Follow the highway code: Use a pavement if there is one. If there is no pavement, walk on the right facing on-coming traffic crossing to the other side before sharp right-hand bends. Assign a back and front marker preferably someone wearing bright clothing.	L