

GENERIC RISK ASSESSMENT

Leisurely and Moderate walks

What are the risks or hazards?	What could happen and who could be harmed?	How we manage the risks
Lack of confidence and/or skill	Leaders might become stressed and overwhelmed	- All new walk leaders complete introductory training and make the most of opportunities to develop their skills - Peer support is available from more experienced walk leaders - Leaders only lead within their capabilities
	Walkers could be exposed to unnecessary risks	
Lots of people in the group	Leaders could be stressed and overwhelmed, walkers could be exposed to unnecessary risks	- Appoint an experienced walker as the back marker - If the group has more than about 25 walkers, appoint a second experienced walker as the middle marker. - Stay in sight or communication with the back marker at all times
Walkers act recklessly	Walkers could put themselves and others at risk	- It is the responsibility of walkers to behave sensibly at all times and minimise the potential for accidents. - Give a walk briefing before setting off, to share your plan and expectations - On the walk the leader should highlight potential hazards to walkers so that they can keep themselves and others safe. - Communicate with walkers throughout the walk
	Leaders could become stressed and overwhelmed	

Leisurely and Moderate walks continued.

What are the risks or hazards?	What could happen and who could be harmed?	How we manage the risks
Weather	Walkers are exposed to extreme cold, heat, or wet	• Check the weather before the walk • Make contingency plans • Set an appropriate pace and take breaks as needed • Stay alert to changing conditions and adjust plans accordingly
Getting lost	Walkers get lost	• Where possible, recce the route in advance – or carefully plan with good local knowledge, guidebooks and/or maps • Ensure experienced walkers are familiar with the route and contingency plans in case changes are needed • Ensure appropriate navigation skills in the group for the walk and possible conditions • Know the hours of dusk and darkness, and plan accordingly • Carry relevant kit – for example a whistle & small first aid kit
	Walkers are exposed to extreme cold, heat or wet	
	There is a communications blackout	
	Walkers run low on food/drink supplies	
Terrain	Walkers trip or fall, resulting in injury	• New walk Leaders complete training on Preventing & Managing Incidents • Check for muddy/slippery/steep sections when planning and highlight the benefit of walking poles in the walk description. • Walkers are responsible for ensuring that they are fit and adequately kitted out to participate in the walk. • Make contingency plans, to draw on if needed in response to the group & conditions • Offer reassurance to nervous walkers & take adequate breaks • Adjust plans on the walk if needed
Unsafe/unstable geographic features or obstacles (e.g., water, tides, rock fall, overhangs, and fallen trees)	Walkers trip or fall, resulting in injury	• Follow any local warnings or signs and advise walkers to keep away from sheer drops/edges • Check paths are suitable for a group to use safely and make changes if necessary • Make contingency plans to deal with unexpected features and obstacles • When crossing significant water features – use bridges or other recognised water crossing points • Check the tide times
	Walkers get into difficulty and are at risk of drowning	

Leisurely and Moderate walks continued.

What are the risks or hazards?	What could happen and who could be harmed?	How we manage the risks
Livestock	Walkers are at risk of injury from livestock	• Cross fields with livestock calmly and quietly, keeping the group together and any dogs on a short lead (releasing the dog if charged by cows) • Follow the Countryside Code (England & Wales) • Leave gates and property as you find them
	Property is damaged	
	The wider public are at risk of injury from escaped livestock	
Roads	Walkers are at risk of road traffic accident	• Maintain single file on any road sections without footpath/pavement • Plan route to avoid walking along busy roads where possible • Check for suitable safe crossing places
	Other road users are at risk of accident	
Losing walkers	Walkers could get left behind/lost	• Regular headcounts and communication with the group • Check regularly with the backmarker that no one is missing • Communicate with group throughout the walk
Accident or medical emergency	Walkers require first aid or medical attention	• Ask walkers to carry an In Case of Emergency (ICE) card • New walk leaders to complete training on Preventing & Managing Incidents • Know how to contact the emergency services • Ensure mobile phone is fully charged • Carry a small first aid kit