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|  | **Possible hazards** | **Who/how might be harmed** | **Ways to control the risk** |
| 1 | Severe weather conditions e.g., extremes of temperature, wind, heavy rain  | Walkers – risk of illness or injury | Walk leader to check the weather forecast and cancel the walk if necessary. |
| Walkers should bring suitable clothing, equipment and refreshment for the conditions. |
| 2 | Steep, slippery or muddy conditions  | Walkers – risk of slips trips or falls | Walkers to wear suitable footwear and warn other walkers if when they notice difficult conditions.  |
| 3 | Tree roots, other obstacles, uneven surfaces, stiles, gates etc.  | Walkers – risk of slips trips or falls | All walkers to be alert and warn others of potential hazards.  |
| 4 | Traffic – R.T.A. | Walkers – risk of collision with traffic | Walk leader where possible to avoid routes along busy roads and check for suitable crossing places pre walk. |
| Walkers to walk single file, face oncoming traffic and walk on the verge if suitable.  |
| 5 | Farming, livestock and other animals  | Walkers – risk of injury and accident | Cross fields of livestock calmly. Be prepared to divert if necessary. Walkers must not bring dogs on the walk. Follow the Country Code. Leave gates and property as you find them, |
| Property – risk of damage if livestock escape |
| Walkers – bites, ticks and stings | Walkers should be made aware of the risks. |
| 6 | Navigation error | Walkers – getting lost individually or as a group. | Walk leader to do a head count of walkers at the start. Nominate a back marker and both to monitor numbers and progress during the walk to prevent the group getting to spread out. |
| 7 | Individual becoming isolated or leaving the group | Walkers – getting lost, dehydration, hypothermia etc. | If a walker is leaving the group, they must notify the walk leader and the back marker. |

**The purpose of this document is to identify hazards associated with the Long and Short Walking Groups and ways to control the risk providing guidance to all Walkers so that suitable precautions are taken before and during walks to prevent harm to health.**

**It should be issued to all members of the Long and Short Walking Groups prior to them attending the activity.**

**Guidance Note**

**Walk leader** to pre-walk the route with a ‘buddy’ to establish hazards/obstacles to identify the length of walk, suitable road crossing places, potential slippery sections, adequate parking and adapt the route if necessary.

**Walk leader** should ensure that walk details are provided to the Walks Group Leader so that it can be communicated to walkers.

**Walk leader** to check the weather forecast for adverse conditions in advance and cancel the walk if necessary.

**Walk leader** to carry a suitable map and have access to a mobile phone, preferably with an app that can identify locations (what3words or grid reference).

**Walk leader** to count the number of walkers at the beginning and end of the walk and appoint a back marker to check numbers during the walk.

**Walk leader** to monitor the progress of the group and maintain contact with the back marker during the walk.

**All walkers** to point out potential hazards (e.g., slip and trip) during the walk so that it can be communicated to the group.

**Walk leader** to remind attendees on road sections they should to walk on verge if possible but if not to maintain single file facing the oncoming traffic

**All walkers** should carry details about their emergency contacts and medical/allergy information e.g., u3a membership card and carry personal medication etc.

**All walkers** to bring/wear appropriate footwear, clothing and carry refreshments for the conditions.

**All walkers** who leave the walk for any reason must inform the walk leader and back marker so that head count is maintained.

**All walkers** should follow the Countryside Code.

**New walkers** to contact the Walks Group Leader prior to walking so that briefing can take place e.g., footwear, clothing, refreshments, tick precautions, no dogs etc.