

## Walks – Ambling and Rambling, – Risk Assessment Check List

Description of Activity: location, post code, event?			Date: . .		Assessment No:		
Interest Group:			Name & Signature of person completing check list:				
Hazard No.	Significant Hazards Look only for hazards which you could reasonably expect to result in significant harm e.g. slips/trips,  (STEP 1)	People Affected List groups of people who may be at risk e.g. Members & public etc.  (STEP 2)	Existing Controls List controls that are already in place to control the risk e.g. physical safeguards, mobile phone, appropriate footwear etc.  (STEP 3)	Level of Risk After Control in Place Decide on the level of risk remaining.			Further Action Required List further action required to control significant risks. If there are lots to do, make an action list.  (STEP 4)
				High	Med	Low	
1	Complete Walk Leaders Checklist	Walk Leaders & Members	Use u3a Walk Leader Checklist			X	
2	Distance of walk.	All members	Walks are not limited to the capabilities of the participants. Members to ensure walk is suitable.			X	
3	Appropriate footwear	All members	Remind all of need for sensible footwear			X	
4	Road traffic	All members	Pay attention when walking near to traffic. Use Highway Code			X	
5	Walking off road/ uneven ground	All members	Be sure of footing whist walking.			X	
6	Loosing people	All members	Set front and back markers where numbers dictate.			X	

**Action Timescale Guidelines:**

**High Risk** – Action Immediately;    **Medium Risk** – Action within 2 months;    **Low Risk** – Re-assess after next review

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7	Cattle on route	All members	<p><b>Do's</b> Be prepared for cattle to react to your presence, especially if you have a dog with you. Move quickly and quietly, and if possible, walk around the herd Remember to close gates behind you when walking through fields containing Livestock.</p>			X	
8		All members	<p><b>Do Nots;</b> Do not hang onto your dog if you are threatened by cattle - let it go as the cattle will chase the dog and not you Do not put yourself at risk by walking close to cattle</p>			X	

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