

## Generic Walk Risk Ticklist Template v1

You can use this risk assessment template to help you identify the risks you need to mention in your walk description, and any steps you need to stay safe when actually leading a group walk. The risk assessment outcomes can be summarised as

GREEN: No problems expected,

AMBER: Danger possible but unlikely. Be aware.

RED: Dangerous, only proceed with discretion

N-A: Not Applicable

<b>Group / scheme name:</b>	
<b>Walk Area</b>	
<b>Walk Leader:</b>	
<b>Date of walk:</b>	

Risk Assessment Relating to Walk Planning	How might walkers be harmed?	Mitigation -Ways to control the risk	Done? (Y/N)	Risk: Red, Amber, Green or N/A
Unknown Walk	Fatigue, Injury	Describe, giving distance and pointing out particular risks identified below.		
Ascent	Exhaustion	Indicate presence of significant ascents and steepness where possible. Consider relative benefits of clockwise and anticlockwise routes.		
Hazards	Injury from falls and slips	Be aware of hazards such as rough or slippery ground, mud, streams, narrow bridges, fords etc; adapt the route if necessary. Advise walkers to bring suitable footwear/poles for the conditions.		
Bad weather, including heat and wind	Exhaustion	Check the weather forecast and postpone/cancel if necessary. Advise re appropriate clothing, footwear, refreshment and water.		
Busy roads	Accident	Try to avoid routes along busy roads and/or check for suitable crossing places.		
Livestock	Goring, Trampling	Other than sheep, avoid if possible. Follow the Countryside Code (England & Wales)		
Exposure: slopes, cliffs, drops, canals, rivers.	Falls	Check paths are suitable for a group to use safely and make changes if necessary.		
Stiles	Injury, Cuts	Count. Check for robustness, sharp protrusions, step height, barbed wire, brambles etc		
Group Size	General	Identify max group size with respect to mobility, hazards en route, weather etc		
Post walk review		Be aware of any new risk that may arise that may require amendments to the Risk Assessment		

### Activity Checklist for Leader

Risk Assessment relating to Walking Activity	How might walkers be harmed?	Mitigation -Practice to control the risk	Noted? (Y/N /N-A)	Comments

Walker unaware of nature of walk	Exhaustion	Good walk description: As well as distance and ascent, refer to significant risks identified above.		
Bad weather, including heat and wind	Hypothermia Sunstroke, Fatigue	Check forecasts on the day and consider with respect to terrain, trees etc. Cancel if necessary.		
Personal responsibility	Exposure Exhaustion Fatigue	Is clothing, footwear suitable? Advise re: ICE cards and personal first aid kit, including tick remover.		
		Walkers to inform Leaders and Backmarkers of health issues which might give problems and to make Backmarkers aware of any difficulties they are suffering or observe in others. Backmarkers inform Leader (whistle advised)		
	Remind walkers to make ascents at their own pace. Must not feel pressured to continue or keep up if not confident. Carry high energy foods.			
	Unable to continue	Ensure someone has a charged mobile phone with apps. Eg Safety, What3 words. Leader to have emergency procedures guidance available and supply spare paper map if needed.		
Fatigue, feeling unwell		All to monitor well-being of other walkers. Refer to Incidence Guidance		
Dehydration		Advise sun protection. Drink water before you feel thirsty in hot weather		
Minor hazards	Injury	Be aware of roots, eye level branches, bramble trip fronds and other vegetation; cover up against ticks.		
Fragmented Group	Getting lost	Do a headcount and appoint backmarker. Leader and backmarker to maintain contact. Set suitable pace, regroup as needed (eg after ascents, stiles, junctions)		
Leader Getting Lost		Describe route to companion before starting. Continuously track actual routes using navigation devices with apps such as Osmaps, Strava and what3words as well as paper maps and compass etc.		
Mud, slopes, cliffs, sheer drops. Tree roots. Brambles, Canals, Rivers, Stiles	Injury	Point out dangers, offer any alternatives. Follow any local warnings or signs.		
Livestock	Injury	Other than sheep, avoid if possible. Pass any livestock calmly and quietly, keeping the group together. Do not make eye contact or get between an animal and its young. Leave gates and property as you find them.		
Unexpected hazards such as forestry and, ploughed fields	Injury	Remain aware and keep walkers informed. Take appropriate action. eg go on, pause and mitigate, or go back if can't be mitigated to safe level.		
Roads and lanes	Collision	As appropriate. Shout when vehicle approaches; Aim for best visibility, especially at bends. Walk single file. Cross roads abreast. Show lights.		
Shared tracks and Bridleways	Collision	Where possible, leave enough room for horses, runners and stealthy cyclists to pass safely		