

RISK ASSESSMENT

Footloose Walking Club

Date:	2013 Walks Programme	Area / Activity:	Recreational Fell Walking
--------------	----------------------	-------------------------	---------------------------

Additional Information: This is a Generic Risk Assessment covering all Footloose Walks including Footloose organised UK Walking Holidays.

Generic Risk Assessment: Fell Walking	Supervisory Arrangements:	Walks Leaders
--	----------------------------------	---------------

First Aid Arrangements:	First Aid Kits and Medical Contact Numbers to be carried by Participants	Nearest Emergency Department:	TBE depending on Walk Location
--------------------------------	--	--------------------------------------	--------------------------------

Assessed By (Name & Position):	Victor Middleton Chairman	Approved By (Name & Position):	Footloose Committee	Review Date:	01/01/2014
---	---------------------------	---	---------------------	---------------------	------------

Severity						Severity Rating	
Probability	5	4	3	2	1	5 = Fatality 4 = Serious Injury (hospitalisation) 3 = Moderate Injury 2 = Minor Injury 1 = Trivial Injury or minor cuts	16 – 25 = Unacceptable, high level of risk, immediate controls required to reduce risk or stop work activity.
	5	25	20	15	10	5	10 – 15 = Undesirable, medium level of risk, further action required to reduce risk, if reasonably practicable.
	4	20	16	12	8	4	3 – 9 = Low risk, risk should be managed appropriately and reduced where reasonably practicable.
	3	15	12	9	6	3	1 – 2 = Extremely low risk, risk level to be maintained or reduced where reasonably practicable.
	2	10	8	6	4	2	
	1	5	4	3	2	1	

Under Risk Rating column S=Severity, L=Likelihood, RR=Risk Rating (SxL)

Hazard	People/Items at Risk	Details	Risk Rating			Control Measures
			S	L	RR	
Slips Trips and Falls (Major)	Walkers	Damage to limbs, possibly severe	5	2	10	Potential Hazards to be established by Walk Leader prior to walk and briefed to all Walkers before departure. Correct fell walking footwear to be worn by all participants. Walking poles to be used in hazardous areas.
Slips Trips and Falls (Other)	Walkers	Damage to limbs	4	2	8	Potential Hazards to be established by Walk Leader prior to walk and briefed to all Walkers before departure. Correct fell walking footwear to be worn by all participants. Walking poles to be used in hazardous areas. Gates and Stiles to be used when crossing walls and fences, Bridges or Stepping Stones (where possible) when crossing Streams.

Damage from Falling Rocks or Stones	Walkers	Damage to any body part.	5	2	10	Avoid walking under steep surfaces where rock falls could occur. Cross all walls and fence boundaries through gates, stiles or other official exits.	
Hypothermia/Exposure	Walkers	Walkers affected by excessive wind and or rain leading to Exposure	5	2	10	All walkers to carry adequate walking gear for fell walking and the Walks Leader to call off, or alter the walk in the event that weather conditions are, or become, hazardous.	
Road Traffic Accident	Walkers	Accident with other road users whilst road walking or on bridleways	5	2	10	Leaders to avoid road walking as much as possible.. On roads keep group together, face on coming traffic. On bridleways look out for, and stand aside of, fast moving mountain bikes	
Farm Animals	Walkers	Injury from attack by livestock or farm dogs	4	2	8	All dogs to be kept on leads when approaching farm livestock. Avoid walking between farm animals, especially cows and calves. Avoid loose sheepdogs in farmyards!	
Getting lost	Walkers	Walkers becoming detached from main group, and then getting lost	3	2	6	Backmarker on all walks. Route briefed prior to departure and Walkers encouraged to carry maps, compass and GPS	
Tick Bites	Walkers	Deer and Sheep Ticks are increasingly common and will transfer to humans with potential medical problems.	2	3	6	Avoid walking through heavy bracken especially in shorts. Keep to trodden paths	
Heart Attack/Stroke	Walkers	Chest pains or peculiar behaviour or slurred speech	5	1	5	Immediately call for medical help if a walker shows any form of distress.	
Snakes	Walkers	Danger of snake bites	1	1	1	Avoid areas where snakes are likely to bask	

ADDITIONAL NOTES

All Walks will be properly planned and as far as possible walked out, thereby identifying all current hazards, by the Leader prior to the date of the Walk. All Walks will be briefed prior to departure to allow individual walkers assess their ability to complete the Walk in Safety. Walkers will not be allowed to participate if the Leader feels they are inadequately dressed or do not have the level of fitness to complete the Walk. Walkers are allowed to leave a Walk, but in so doing they are no longer the responsibility of the Leader or of Footloose. The Walk Leader will be supported by a Backmarker, who the Leader will appoint on the day. Walkers should at all times be in contact with the Leader or Backmarker, preferably both.

All Footloose Members on joining the club receive a Members Leaflet which sets out their responsibilities on a club walk. It covers the matters dealt with above. This leaflet is reviewed and updated on a regular basis.

Approval Signature:		Date:	
----------------------------	--	--------------	--