

Footloose Risk Assessment:

Location		Activity				
Footloose Walking Groups		Walking in Groups				
Issue	05/06/2018					
Walking is a relatively low risk activity but a risk assessment is necessary to safeguard the people taking part in walks						
No	Hazard	Possible effects / harm	Risk rating	Detail existing controls	Detail further action required to reduce risk	Revised Risk rating (HML)
	Something with a potential cost to Footloose. Potential problems listed should be those present before controls are in place.		Indicate the rating prior to controls being in place.	Provides details of control measures already in place. If measures are detailed in other documents, state where.	Note the further action required, responsible person and target date	Indicate the rating prior to controls being in place.
1	Slips Trips and Falls (Major)	Damage to limbs, possibly severe	MEDIUM	Potential hazards to be established by walk leaders prior to walk and briefed to all walk participants prior to departure. Correct fell walking footwear to be worn by all participants. Walking poles to be used in hazardous areas. Gates and styles to be used when crossing walls and fences, bridges or stepping stones (where possible) when crossing streams.		LOW
2	Slips Trips and Falls (other)	Damage to limbs.	MEDIUM	Potential hazards to be established by walk leaders prior to walk and briefed to all walk participants prior to departure. Correct fell walking footwear to be worn by all participants. Walking poles to be used in hazardous areas.		LOW

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3	Falling rocks or stones	Damage to any body part	LOW	Avoid walking under steep surfaces where risk of rock falls could occur. Cross all walls and fence boundaries through gates or stiles, or other provided exits.		LOW
4	Hypothermia / Exposure	Walkers affected by cold, wind, rain or snow leading to exposure	MEDIUM	All walkers to carry adequate clothing for the conditions, and proper walking gear. Leaders will call off walks or amend routes where weather conditions are, or become hazardous		LOW
5	Exhaustion, hypoglycaemia	Walkers who do not have adequate food with them may suffer from this	MEDIUM	Walks are graded by difficulty and walkers assess their capabilities against the grade and route prior to embarking on the walk. Where possible walks have escape routes for use by members who become unable to carry on. All walkers to carry adequate food for the walk.		LOW
6	Road traffic accident	Accidents with other road or track users whilst walking	LOW	Routes will avoid walking or roads as far as possible. On roads the group will proceed in single file facing the oncoming traffic. Back markers or walkers at the front will warn the other members of the group of the approach of bikes, horses, vehicles etc, so that appropriate avoiding action can be taken.		LOW
7	Farm animals, or wild animals	Injury caused by wild or farm animals or attacks by dogs	LOW	All dogs to be kept on leads and under close control when approaching farm livestock. Avoid farm animals which young by walking around them and if necessary keeping to the edges of fields.		LOW

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8	Getting lost	Walkers becoming detached from the main group, and then getting lost.	MEDIUM	There are backmarkers on all walks who are responsible for ensuring that the group does not become stretched out, and that walkers do not lose contact with the leader. Walkers are encouraged to carry maps, compass and GPS devices.		LOW
9	Tick bites	Deer and sheep ticks are increasingly common and will transfer to humans causing potentially serious illness	LOW	Where possible avoid walking through bracken, heather and other places where ticks may be picked up. Wear long trousers rather than shorts.		LOW
10	Failing to take account of known fitness levels and health problems.	The onset of sudden illness. Inability to complete the walk.	HIGH	Members are aware of any known health risks and assess their fitness prior to walking against the difficulty of the walk. They are encouraged to disclose any potential difficulties to the walk leader, and or buddy up with other members who may be able to render assistance during the walk. Potential escape routes are identified by the walk leaders, and communicated to the walkers at the start of the walk. Where necessary members use mobile phones to contact the emergency services. Walk leaders react promptly to reports of members who are experiencing difficulties.		MEDIUM
11	Snakes	Danger of snake bite	LOW	Group will be briefed by leader if walking where poisonous snakes are common		LOW