

Walkabout Wrexham and District

Risk Assessment Form

Monthly / Weekly / Special walk Grade of walk – Introductory / Easy / Moderate / Hard

Date of walk _____ Location _____

Start point / meeting place _____ Grid Ref _____

Approximate duration of walk _____ Approximate distance _____

Walk Leader(s) _____

Assessment carried out by _____ Date _____

Brief description of the route, highlighting any issues likely to be encountered. Also include possible escape routes, particularly for longer hill walks.

Map (with route highlighted) Insert below or attach a copy

Please tick all the hazards that apply to this route and where a hazard is present, **please add a location**. The grey sections will then need to be read for all hazards present.

| | Hazard | Who might be harmed | How is the risk controlled |
|--|--|--|---|
| | New walkers | All, particularly new walkers | <ul style="list-style-type: none"> • Read through the health check questionnaire with the new walker • Share relevant disclosed health information with other leaders • Be extra vigilant whilst walking • Buddy new walker with a regular walker or another walk leader • Accompany the new walker back to base if necessary |
| | Walker illness/injury | All | <ul style="list-style-type: none"> • Before setting off, ask walkers if they have any health issues we should be aware of and do they have their ICE cards with them • Check the footwear of walkers – the walk leader has the right to turn away a potential walker if not well equipped |
| | Adverse Weather <u>Indicate specific details</u> e.g. cold heat prolonged sun rain/hail/snow high winds | All, particularly those who are frailer and aren't dressed appropriately | <ul style="list-style-type: none"> • Check the weather forecast beforehand and watch for changing weather conditions during the walk. • Check walkers' clothing at the beginning of the walk • Take water, hats, waterproofs, etc. • Be aware of places to shelter • Change the route or abandon the walk if necessary |
| | Traffic/roads <u>Add walk-specific details</u> (e.g. names/numbers of specific roads): | All walkers | <ul style="list-style-type: none"> • Warn walkers in pre-walk talk • Cross at safe places (e.g. zebra crossings) • Use pavements but if there are none, keep in single file on the LEFT • Keep the group together • Leaders and back markers should wear hi-viz vests • Leaders and back markers should warn walkers of approaching traffic |
| | Dual use paths (e.g. cycling and walking) <u>Where on route:</u> | All walkers, particularly those with sensory impairments | <ul style="list-style-type: none"> • Inform the group at the beginning of the walk if any of the route will be on shared-use paths • Keep to one side of the path, check the group is not drifting across the path • Ask walkers to help warn others of bikes approaching • Take extra care when crossing |

| | | |
|---|---|--|
| <p>Slips, trips and falls <u>Please note specifics</u> (e.g. running water nearby, steep descents, slippery/uneven path etc.):</p> | <p>All walkers particularly those with balance difficulties/mobility issues</p> | <ul style="list-style-type: none"> • Warn in pre-walk talk and as necessary on route • Help walkers around muddy spots, narrow paths, etc. • Abandon walk if path accessibility is very bad |
| <p>Inclines <u>Please note specifics:</u></p> | <p>All walkers, particularly those with heart problems e.g. Angina</p> | <ul style="list-style-type: none"> • Warn in pre-walk talk • Be aware of walkers' health needs • Allow everyone to take inclines at their own pace • Remind walkers to take and use their medication if necessary • Rest at hill tops and wait for the group |
| <p>Stiles</p> | <p>All, particularly those with balance difficulties/mobility issues</p> | <ul style="list-style-type: none"> • Warn in pre-walk talk • Help walkers as necessary over stiles |
| <p>Over-hanging branches</p> | <p>All</p> | <ul style="list-style-type: none"> • Warn in pre-walk talk and as necessary on route |
| <p>Watercourses</p> | <p>All</p> | <ul style="list-style-type: none"> • Warn in pre-walk talk • Ask walkers to keep away from edges with no barriers • Bring walkers' attention to warning signs and life rings |
| <p>Dog mess</p> | <p>All, particularly children</p> | <ul style="list-style-type: none"> • Warn in pre-walk talk • Warn as necessary on route |
| <p>Dogs</p> | <p>All, particularly those fearful of dogs</p> | <ul style="list-style-type: none"> • Warn in pre-walk talk and as necessary on route • Keep nervous walkers away from dogs and warn dog owners to keep their dog(s) away from the group • If dogs are allowed on walks they should be kept on a lead at all times |
| <p>Livestock</p> | <p>All</p> | <ul style="list-style-type: none"> • Advise to take care when entering fields with livestock, especially those with young. • Keep as far away as possible from livestock and avoid animals showing aggression or appearing to be nervous. Walk next to the fence/hedge and note any escape routes. • Do not approach or feed animals. Avoid touching animals in case of contracting infectious diseases (eg <i>E.coli</i>, <i>Salmonella</i>, and <i>Cryptosporidium</i>) |
| <p>Other people</p> | <p>All</p> | <ul style="list-style-type: none"> • Keep the walking group together • Be considerate of others - avoid blocking entrance ways and paths • Move past any potentially threatening group avoiding eye contact • Have a charged mobile to hand |

| Other | | | |
|-------|--|--|---|
| | | | <ul style="list-style-type: none">• |
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