

Stoke Lodge Ramblers Risk Assessment

This risk assessment is to help walk leaders record hazards and plan safe walks. The Ramblers Association recommends that a risk assessment is undertaken as part of a recce. For your information Stoke Lodge Ramblers have Annual Insurance through the Howden Group

Possible Hazard	Who might be harmed and how	Ways to control the risk	Action taken
Transmission of Covid through close contact meeting people	Walkers Members of public	Avoid busy or narrow routes where physical distancing is not possible Limit group size if necessary Remind walkers about current guidelines Advise walkers about physical distancing if necessary Keep a record of who attended the walk if required to do so Carry a face covering Carry hand sanitiser Carry own first aid kit	
Bad weather Ice, snow , gales , heavy rain , high temperatures	Walkers	Check weather forecast and postpone or cancel if necessary. Advise walkers to bring suitable clothing, food and drink for conditions	
Busy roads	Walkers - risk of collision	If possible avoid routes on busy roads Check for suitable crossing places on recce	
Steep, slippery or muddy sections	Walkers- risk of trips or falls	Check for muddy / slippery sections on recce and adapt route if necessary. Advise walkers to bring suitable footwear and walking poles	
Livestock	Walkers – risk of injury Risk of property damage if livestock escape	Cross fields with livestock calmly and quietly keeping group together Be prepared to divert around livestock if necessary Follow Countryside Code. Leave gates and property as you found them	

Cliffs or sheer drops	Walkers- falling	Check paths are suitable for group to use safely and make changes if necessary Follow any local warning signs and advise walkers to keep away from the edge	
Electric fences	Walkers	Make sure group is aware	
Ticks	Walkers – Lyme Disease	Advise long trousers in areas of long grass	
Need to access emergency services	Walkers	Encourage walkers to carry mobile Walk leader to have a mobile Encourage walkers to carry ICE card (In Case of Emergency)	
Risk of group becoming split up	Walkers	Back marker and leader to remain in sight and communication. Leader to take regular head counts	
Stiles	Walkers	Walk leader to advise of difficult stiles or numerous stiles on walk	
Participant unsure of level of walk	Walkers	Advice from recce Grading system of walks	

Walk Gradings

Grade A Long -Grading strenuous

Up to 10 miles /16 kms, a more demanding long walk with some steep climbs and descents and more difficult terrain

Grade B Long- Grading moderate

Up to 10 miles /16 kms moderately demanding with moderate ascents and descents generally on paths or tracks

Grade C Medium Grading moderate

Up to 8 miles / 13 kms at a moderate pace with some ascent or roughish ground

Grade D Medium - Grading easy

Up to 6 miles at a moderate pace on good paths and tracks. Low hills and / or undulating ground.

Grade E Short – Grading easy

Up to 4 miles / 6.5 km at a slow pace, mainly on level ground