

Footloose 303

Risk assessment / Advice sheet / Check list for: Mountain and Moorland walks - V4

These are walks which take you onto high or exposed ground and / or take you more than 30 minutes from habitation or a main road.

This sheet should be used in conjunction with the coast and country sheet and should be read with it.

Who might be harmed by the hazard / risk?

In almost all cases it is those on the walk who might be harmed.

If you have to call the emergency services you can be putting them at risk.

Risk or hazard	What to do to reduce risk	Leader's check
<p>When reccyng a walk <i>Read this section in conjunction with the section below "On the walk". The biggest risk is your own safety e.g. having a fall with no one to help; getting caught by extreme weather.</i></p>		
Do you have the experience and ability to lead such a walk?	<p>If you have any doubts you should contact Mike W, John W or David G before you proceed any further (contact details on members section of website).</p> <p>The groups programme planner should check, as far as reasonably possible, that the proposed area for the walk matches the leader's skills.</p>	
Walking alone on a reccy and having an accident. This is a significant risk.	<p>You must arrange for someone to come with you. Plan your route and leave a route card in your car.</p>	
Particular risk on route e.g. scramble, boggy ground	<p>Plan your route carefully and know what you are letting yourself in for. Plan escape routes where possible.</p>	
Moorland & mountain -miss-location in poor visibility	<p>Have map and compass. Take GPS as back-up, if you have one.</p>	
Electronic maps – possibility of failure.	<p>Have map and compass and know how to use them. Do not rely upon electronic devices.</p>	
<p>Information / restrictions when event is published</p>		
Management of group is more difficult with large groups or where people are not fit enough for planned walk.	<p>Walk will be limited to 12 people in total. Walk only advertised to full members (i.e. Those who have walked before and are thus known). Leader will look at list of planned attendees and seek advice from other members if there are any doubts.</p>	
Walkers under estimate the difficulty of the walk and have problems.	<p>Accurately measure the length. Give a good description of how hilly / hard the walk is. This should include the nature of the ground e.g. if very boggy or rough.</p>	
Walker not properly equipped	<p>The group sends out advice to all members and they are responsible for making sure they are equipped. It is best to</p>	

Risk or hazard	What to do to reduce risk	Leader's check
	send out an equipment advice sheet reminder with walk information.	
What to take with you / do before the walk		
Leader is taken ill on walk or has navigation or other difficulties.	Walk leader should ensure that at least one other person on the walk has the skills to take over leadership if required. The back-up leader should have a spare map and be shown in advance the route and any escape routes	
An emergency occurs – what to do?	Print off and take with you the groups emergency procedure. Have your map with you and know how to take a grid reference.	
Medical emergency	Walkers are advised to take their own first aid kit. Take yours also.	
May need to contact the emergency services	Take your mobile phone and make sure it is charged. Register your phone for SMS emergency use. See advice sheet on website. Take a pen and paper with you.	
Weather risk - extreme cold, wet or heat.	Check the weather forecast the day before the walk. If you have very serious concerns contact Mike W, John W or Steve H. Make sure that you have all your kit & supplies ready and with you. Take an emergency shelter.	
You are taken ill and can no longer lead walk.	Cancel the walk and contact Mike W, John W or Steve H to see if an alternative coast or countryside walk can be put on.	
On the walk		
Walker arrives at meet not properly equipped	The group sends out advice to all members and they are responsible for making sure they are equipped. However, you or one of the committee can say “no, sorry you cannot walk” if you feel it necessary.	
Loosing someone on the walk in mist or poor conditions	Count the number at the start and check on the group as you walk. Your backup leader should help keep an eye on those walking. In reduced visibility the group should close up and your co-leader / other walker should act as back marker. Take great care to keep the group together.	
Walker(s) having significant difficulty due to fitness / illness.	Keep an eye on those walking. Adjust the pace of the walk or have more stops. Cut short the walk / seek help if necessary.	
Walker(s) having significant difficulty due to weather (hot, cold or wet)	Cut short walk if necessary. Seek shelter in extreme cases. Share kit.	
Slips or falls	The group's advice sheet makes footwear with a good grip an essential requirement.	

Risk or hazard	What to do to reduce risk	Leader's check
	<p>When leading / walking pick your way over the ground to avoid the most difficult / slippery ground.</p> <p>Walkers should help each other over difficult ground and warn of particular hazards e.g. loose rocks.</p>	
Illness or accident	<p>Put the emergency procedure into action.</p> <p>Seek help from others on walk. Use whistle to summon help from other walkers in area if necessary.</p>	
Ticks and Lymes disease	<p>Group has published advice on website</p> <p>Leaders to remind walkers, particularly in the spring.</p>	
Loss of light. This is a particular risk during the autumn and winter.	<p>When planning your route take care about timing and know when sunset will be.</p> <p>Take a good head torch with you (other walkers are asked to carry torches or head torches)</p>	
Accident when crossing or walking on roads and lanes	<p>See advice / check list on coast and countryside risk assessment</p>	
After the walk		
Any near incidents or near misses	<p>Report these back to the groups H&S committee member. (see GroupSpaces for name and contact details). By doing this the group learns and can improve the way it works.</p>	
	<p><i>Well done! You have made a fantastic and valued contribution to the group. Thank you for all your efforts.</i></p>	

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