



**RISK ASSESSMENT**

CONNECT GROUP NAME: Rambling

DATE: 02/04/2021

CONDUCTED BY: Paula Cowin

	<b>HAZARD</b>	<b>WHO MIGHT BE HARMED</b>	<b>HOW IS RISK CONTROLLED</b>	<b>WHAT FURTHER ACTION IS NECESSARY</b>
1.	Participants being unfit for a particular ramble	The elderly, the very young, and the unfit or the overweight.	A good general description of each walk is sent out before the day, pointing out any hazards, and the likelihood of any strenuous sections on a walk.	To issue "Precautions for Members" to each person on joining. Also to ask leaders to read "A Guide to Leading a Ramble". And to reissue these documents annually to remind people of their obligations.
2.	Hypothermia or over-heating and sunstroke.	The inexperienced.	Participants are asked to be aware of the weather forecast, and to bring appropriate clothing.	As in 1.

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3.	Dehydration and hunger.	The inexperienced and those suffering from an illness.	A lunch stop at a pub or cafe is normally planned, but the ramble description will make people aware if this is not so, and they are asked to bring food and drink.	As in 1.
4.	Losing members of the party.	Slower walkers, and those who walk ahead of the leader.	Asking people to stay together and keep in communication, and not to walk ahead of the leader. To use a "back-marker" where possible.	As in 1.
5.	Being hit by other traffic.	All walkers.	To walk facing oncoming traffic unless the view is obstructed, and to walk in single file. The first person seeing an approaching vehicle should warn the others.	As in 1.

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6.	Minor accidents such as cuts on barbed wire, or household accidents when staying in accommodation.	Anyone.	To carry a small first aid kit in the party. Clean wound if possible and necessary.	Keep aware and see that no complications develop.
7.	Serious accident or illness such as broken bones or heart attacks.	Anyone, but particularly the elderly.	At least one person in the party to carry a mobile phone.	As in 1. Keep victim warm and comforted, until professional help arrives.
8.	Injuries caused by use of walking poles.	Anyone.	Advise members on how to use poles correctly. Take hands out of wrist loops if there is a risk of slipping and store them away when not needed.	As in 1.

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9.	Transmission of Covid-19 through close contact/meeting other people	Anyone.	<ol style="list-style-type: none"> <li>1. Plan for walks to start and finish outside times when public transport may be busy.</li> <li>2. Avoid narrow or busy routes where physical distancing is not possible.</li> <li>3. Remind all walkers at the start of the walk to maintain social distance from other walkers, unless they are part of the same household.</li> <li>4. Advise walkers what to do at any pinch points or road crossings to maintain physical distancing.</li> <li>5. Carry a face covering in case it may be needed.</li> <li>7. Leaders to keep a record of who attended the walk and contact details for 21 days after the walk in case</li> </ol>	<ol style="list-style-type: none"> <li>1. All walk leaders to be issued with new guidance on how to lead a walk.</li> <li>2. All members of the BBC Rambling Group to be told to familiarise themselves with the Risk Assessment, and to be informed of the new walk guidance.</li> <li>3. All members of the BBC Rambling Group to be told not to attend a walk if they are showing any symptoms of Covid-19 or are feeling unwell.</li> </ol>

			someone comes down with Covid-19 symptoms	
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10.	Transmission of Covid-19 through touching gates, stiles, fences or equipment	Anyone.	<ol style="list-style-type: none"> <li>1. Avoid touching gates and path furniture where possible.</li> <li>2. All walkers to bring hand sanitiser to use as appropriate. If walkers are in the same household they may share the same hand sanitiser if preferred. If they feel safer wearing gloves, then they may do so, but they must also have hand sanitiser. Walkers to avoid touching their face.</li> <li>3. Walkers must not share equipment such as walking poles unless they are in the same household.</li> <li>4. Walkers must not share food or drink, unless they are in the same household.</li> </ol>	Walk leaders to remind walkers prior to starting the walk of these precautions.
11.	Transmission of Covid-19 through travel on public transport	Anyone	<ol style="list-style-type: none"> <li>1. Walkers travelling on public transport to wear face coverings and to</li> </ol>	Remind walkers in the walk circular of current guidance on the use of public transport.

			<p>sanitise hands after leaving public transport.</p> <p>2. Walkers to maintain physical distancing while on public transport according to the latest government guidelines.</p>	
12.	Livestock	<p>Walkers – risk of injury</p> <p>Livestock – risk of property damage if they escape</p>	<p>1. Cross fields with livestock calmly and quietly, keeping the group together, and avoid walking between a cow and its calf.</p> <p>2Leave all field gates as you find them. If they are closed, then make sure they are closed behind you so that livestock do not escape.</p>	<p>Be prepared to divert around livestock if necessary.</p> <p>Follow the Countryside Code.</p>

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