

Risk Assessment for BBC Rambling Group

HAZARD / RISK	WHAT COULD HAPPEN / WHO COULD BE HARMED	MANAGEMENT OF RISK	ANY FURTHER ACTION
<p>Roads / Occasional</p>	<p>Walkers hit by traffic or cause an accident / all walkers and other road users</p>	<ul style="list-style-type: none"> - Leader to tell walkers to maintain single file and to walk facing oncoming traffic - Walkers to stay together in a tight group so leader and back marker can keep in sight of each other - First person to see approaching vehicle to warn others - Leader to find suitable crossing places and to supervise walkers crossing safely - Leader to plan route to avoid busy roads where possible - Dog owners to keep dog on lead and under close control 	<ul style="list-style-type: none"> - All walkers to follow leader's instructions. - Membership Secretary to send out "Precautions for Members" document to each person on joining. - Leaders to read "A Guide to Leading a Ramble" document - Secretary to send out these documents annually to remind walkers of their obligations

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<p>Medical emergency / Occasional</p>	<p>Walkers require first aid or medical attention either because of a fall or becoming unwell on a walk / all walkers</p>	<ul style="list-style-type: none"> - Leader knows who is on the walk - Leader to contact emergency services and give exact location either by map reference or What 3 Words app - Leader to ensure mobile phone is fully charged, and consider carrying a power bank - Leader to know how to get to the nearest road access to incident - All walkers to carry emergency contact details either on their phone or on a card - Walkers with underlying medical conditions or allergies to make the leader aware of such and if you carry an EpiPen to let the leader know where it can be found - All walkers to carry a basic first aid kit 	<ul style="list-style-type: none"> - Leaders to make clear in their walk details the terrain likely to be encountered and the level of difficulty of their walk - Individuals should be aware of their own limitations and take them into account before joining a walk.

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Weather / Occasional	Dehydration, heat stroke or heat exhaustion, hypothermia / all walkers	<ul style="list-style-type: none"> - Leader to advise walkers what to bring on walk - Leader to set an appropriate pace and to take breaks as needed - Leaders may stop at a pub or café for lunch to allow people to rehydrate and obtain food - All walkers to check the weather before the walk and dress appropriately - All walkers to carry sufficient water for their needs and sunscreen - All walkers should carry food supplies and snacks 	<p>Leaders may cancel a walk at short notice if they feel weather conditions are too extreme to walk safely.</p> <p>Leaders to make clear in walk details if a pub or café stop is included or whether walkers should bring a picnic lunch.</p>

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<p>Losing walkers / Occasional</p>	<p>Walkers could get left behind or lost / all walkers</p>	<ul style="list-style-type: none"> - Leader knows who is on the walk - Leader carries out headcount at beginning of walk and regularly throughout walk - Appoint a backmarker - Leader and backmarker to carry whistles to alert each other to problems - Leader to ask walkers to stay together and not to get ahead of the leader 	<ul style="list-style-type: none"> - If a walker decides to leave the walk early, they should inform the leader or backmarker. - All members to be issued with whistles and encouraged to bring them on walks. - All walkers to know emergency whistle signal – 6 blasts, wait one minute, then repeat. The reply signal is 3 blasts, followed by a one minute pause, then repeat.

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			<ul style="list-style-type: none"> - If you just want to alert the leader to stop, one good blast is needed
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Livestock / Occasional	Walkers may be injured by livestock. Livestock may escape and cause damage to themselves or to property	<ul style="list-style-type: none"> - All walkers to follow the Countryside Code - Cross fields with livestock calmly and quietly, keeping the group together - Dog owners to keep dogs on a short lead, releasing them if charged by cows - Leave field gates and property as you find them. If they are closed make sure they are closed behind you so that livestock do not escape. 	<ul style="list-style-type: none"> - Leaders to be prepared to divert around livestock if necessary.

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<p>Minor accidents or injuries</p>	<p>Minor accidents such as cuts on barbed wire, tick bites or stings or household accidents whilst staying in accommodation. Injuries caused by walking poles / all walkers</p>	<ul style="list-style-type: none"> - Every walker to carry their own first aid kit containing plasters, antiseptic wipes, tick removers, personal medication and epipens if required. - Walkers should use walking poles correctly. Take hands out of wrist loops if there is a risk of slipping and store them away when not in use. 	<ul style="list-style-type: none"> - Leader to be aware of any injuries and respond if further complications develop. - Advise walkers to check for ticks when they get home from a walk