

Woking 50+ Walk Risk Assessment Sheet

Route: _____

Date: _____

Assessment carried out by: _____

Delete inappropriate parts and extend if necessary.

Hazard	Who might be harmed?	How can the risk be controlled?	In pre-walk notes	On the day at pre walk briefing	On the walk
Traffic and Roads Be specific	All participants, particularly children and those with sensory impairments.	Warn. Use controlled crossing where possible. Leader to wear Hi-Vis vest. Keep group together. Keep to right of road. Be observant.	Warn about busy road walking and/or crossing.	Warn about busy road walking and/or crossing.	At appropriate time enforce controls and warn group of approaching vehicles.
Dual use paths Be specific	All participants, particularly children and those with sensory impairments.	Warn. Keep in single file on one side of path. Be observant.	Warn about Dual use paths.	Warn about Dual use paths.	At appropriate time enforce controls and warn group of approaching bikes etc.
Dogs	All participants, particularly those not so steady on feet.	Exclude dogs from walk. Be careful when other dogs approach.	Exclude dogs from walk.	Check no dogs.	Warn of approaching dogs.
Dogs mess	All participants, particularly children.	Warn. Be observant.		Warn if it seems appropriate.	Warn when seen.

Hazard	Who might be harmed?	How can the risk be controlled?	In pre-walk notes	On the day at pre walk briefing	On the walk
Overhanging branches	All participants.	Warn. Be observant.			Warn at time.
Weather Be specific if route exposed	All participants.	Wear appropriate clothing, hats, sun glasses, sun screen. Drink water if hot.	Warn about possibility and advise wearing of appropriate clothing.	Check participants clothing and boots and if appropriate remind about sun screen and drinking.	Take shelter and/or abandon if necessary.
Livestock, including snakes and fields with sheep, horses, cows etc.	All participants.	Be aware. Stay on paths. Move steadily.	Warn about possibility.	Warn about possibility.	Warn at time. Be observant.
Other walkers	All participants.	Be considerate. Keep together. Avoid blocking paths.			Warn of approaching group.
Nettles, brambles, etc.	All participants.	Check route beforehand and remove any close to day of walk. Take secateurs on walk.	Warn if likely to be overgrown.	Warn if likely to be overgrown.	Cut or stamp down nettles, brambles etc.
Insects	All participants.	Use insect repellent.	Warn if likely to be excessive insects.	Warn if likely to be excessive insects.	Warn at bad areas.
Inclines, up & down. Be specific	All participants, particularly those with breathing or heart problems.	Avoid very steep inclines. Warn. Use walking poles if steepish. Take inclines slowly.	Warn.	Warn and be aware of anyone likely to be affected.	Stop. Tell walkers to take own time. Wait at top and bottom.
Stiles	All participants, particularly those with balance or mobility issues.	Avoid if possible. Warn of number.	Warn of number.	Warn of number.	Assist those having difficulty. Wait.
Water courses	All participants, particularly children and those with balance issues.	Warn.	Warn.	Warn.	Warn. Don't get too close to edges. Point out any life saving equipment.

Hazard	Who might be harmed?	How can the risk be controlled?	In pre-walk notes	On the day at pre walk briefing	On the walk
Wet or muddy ground	All participants.	Warn if parts likely to be very wet or muddy. Wear boots.	Warn if likely.	Warn if likely, and check boots.	Warn on approach.
Uneven ground or trip hazard	All participants, particularly those with balance or mobility issues.	Warn if likely to be a problem. Be observant	Warn, if appropriate.	Warn, if appropriate.	On approach warn walkers to be careful.
Any medical emergency	Any participant.	Carry basic First Aid Kit, survival blanket and mobile phone.	Advise that leader will have basic kit and participants take part at their own risk.	Ask if anyone is a qualified first aider.	Be aware of any participant in difficulty.
Any other hazards Specify as necessary					

Based on documents originally produced by Walk for Health Bristol and by Walking For Heath.