

# Ramblers Wellbeing Walks | Risk Assessment



Every walk is different, so complete a risk assessment for each venue your group offers to help you plan and make a note of the steps you are taking to keep walkers safe. Risk assessments should be stored for three years and be kept by the coordinator.

Have a great walk!

<b>Ramblers Wellbeing Walks Partner:</b> Step Out Sheffield	<b>Name of walk:</b> Firth Park Health Walk
<b>Risk Assessment completed (date):</b> 15/04/2022	<b>Recce completed (date):</b> 04/04/2022

<b>Hazards</b> Make a note of any hazards to walkers or others on your route	<b>Your notes</b>	<b>Precautions</b> Tick the boxes that apply and add any others – you don't need to tick every box.	
<b>Weather</b> Is there any danger of extreme temperatures, heavy rainfall or other severe weather during the walk?		In extreme weather conditions, or if Amber or Red Weather Warnings are in place, walk to be cancelled.	✓
		Advise walkers to bring suitable clothing and items for the conditions	✓
		Planned route to be changed on the day to avoid slippery surfaces, blazing sun, or areas exposed to strong wind.	✓
		Other/Detail:	

<p><b>Traffic</b> Do you need to cross or walk along a road? Are there any level crossings?</p>	Check for suitable crossing places on the recce	✓
	Communicate clearly with the group on the day	✓
	Walkers to be gathered together as a single group where possible to cross roads	✓
	Pedestrian crossings or other safe crossings to be used.	✓
	Other/Detail: Hi-Viz jackets to be worn to increase visibility of group	
<p><b>Path surface and obstacles</b> Are there hazards such as slippery paths, loose rocks, stiles, fallen trees, steep drops?</p>	Check for hazards on the recce and adapt the route if needed	✓
	Provide clear information to walkers beforehand	✓
	Advise walkers to bring suitable footwear for the conditions	✓
	Where possible routes to be planned so they avoid uneven surfaces	✓
	Other/Detail:	
<p><b>Communications</b> Is there a chance you could get lost, lose touch with walkers, lose visibility or phone signal?</p>	Walk Leaders to share mobile phone numbers	✓
	Other/Detail:	

<b>Slips, Trips, Slopes, and Inclines</b> Add any other hazards on your walk here		Leaders to be prepared to assist walkers in these areas	✓
		Other/Detail:	
<b>Illness, Accident, or Falls</b>		All walkers to be encouraged to carry I.C.E. cards	✓
		Injured party to be taken back to start point, or emergency services to be called	✓
<b>Dogs, Cyclists, Horses, Motorcycles, Overhanging Vegetation, Animal Excrement</b>		Walk leaders to shout warnings ahead or behind as appropriate	✓
<b>Steep Inclines</b>		Walkers to be reminded of inclines at the start of the walk, advised to walk at a pace that is comfortable to them, and ask for rests if required	✓
<b>Walkers Getting Lost</b>		Leaders wear hi-visibility vests and spread themselves amongst the group. At the start of the walk one leader to ensure that walkers know who the nominated leader and back marker are, and to remind walkers not to walk in front of the leader or behind the backmarker.	✓

If you have any questions about **Ramblers Wellbeing Walks**, please get in touch: [wellbeingwalks@ramblers.zendesk.com](mailto:wellbeingwalks@ramblers.zendesk.com)