

## Risk assessment

Name of activity	Feet of Faith walk in the Dales	Date of risk assessment	3 March 2023	Date of next review	3 March 2024 or before each hike	Name of person doing risk assessment	Susanna Hinton
What hazard have you identified? What are the risks from it?	Who is at risk?	How are the risks already controlled? What extra controls are needed?			What has changed that needs to be thought about and controlled?		
<p><i>A hazard is something that may cause harm or damage.</i></p> <p><i>The risk is the harm that may occur from the hazard.</i></p>		<p><b>Controls</b> are ways of making the activity safer by removing or reducing the risk from it. For example, you may use a different piece of equipment, or you might change the way you do the activity.</p>			<p>Keep <b>checking</b> throughout the activity in case you need to change what you're doing or even <b>stop</b> the activity. This is a great place to add comments which will be used as part of the review.</p>		
<p><b>Mistakes when navigating</b> – leading to increased risk of all other hazards. Additional consequences of being lost and exhausted, especially if late or after dark.</p>	All those taking part	<p>Make sure routes are suitable for people's navigational skills and physical capabilities. Carry suitable contingency equipment e.g. back up batteries, thermal blankets, extra layers and food etc. Leave expected return times and check in points with third party</p>					
<p><b>Roads and traffic</b> – injuries from collisions between vehicles and people.</p>	All those taking part	<p>Choose a route with minimal use of roads without a footpath. Walk single file when on a road, ensuring everyone is visible to traffic by keeping to the outside of corners. On straight roads, walk on the right.</p>					
<p><b>Weather</b> – rain before and during the hike, hot weather causing heat exhaustion or sun stroke.</p>	All those taking part	<p>Monitor weather forecast in advance, If heavy rain forecast postpone walk. Check weather before the activity starts. Advise participants on suitable clothing to wear and carry (including sun protection and waterproofs). Tell everyone to bring a filled water bottle. If it is very hot, plan water stops and refilling if needed. Check everyone's suitably equipped at the start of the walk, and if not, postpone walk. Review route before and during the hike considering weather conditions, for example, if it's too hot or wet to continue. Make sure routes have escape routes or alternatives.</p>					
<p><b>Terrain</b> – uneven ground, wet stones, bogs, branches, nettles, animals, livestock. Trip hazards, insect bites</p>	All those taking part	<p>Check routes before the hike, and while walking physically check any challenging terrain in advance (or plan an alternative route in case it's too challenging for the group). Advise participants on suitable footwear and check it before the hike. Brief people on safely navigating the terrain, including avoiding brambles, nettles, and so on. Carry first aid kits and have appropriate first aid training. Encourage everyone to wear long trousers if there are concerns over foliage or ticks. Monitor livestock and find alternative routes to avoid crossing fields with livestock in, particularly cattle.</p>					

