

Risk Assessment



Activity: Short Walks

Group Leader: Liz Ouldrige

Version 1

These walks are designed for less able walkers. They are designed to be less than 3 miles, on well-made paths and near urban areas. The walks are previewed by the group leader and thus walkers are unlikely to get lost.

Possible Hazard	Mitigation
Severe Weather. Risk of getting lost in fog and falling objects from wind.	Walks do not take place in severe weather. The group leader will cancel on the day by email.
Exposure to sun. Risk of sunburn or dehydration.	Group leader will remind walkers to wear sunhats, use sunscreen and take water to drink if the weather looks to be hot. On very hot days, walks will be cancelled.
Wet or cold weather. Risk of getting cold.	In very rainy conditions, the walk will be cancelled. Walkers should wear warm/waterproof clothing and the group leader will not take walkers without suitable clothing.
Uneven ground. Risk of Trips or Falls	Walks are unlikely to be on poor ground. Those walkers who may require extra support should use a walking stick. The walk will be checked beforehand to make sure the surface is suitable for this group.
Roads. Risk of accidents when crossing roads / encountering traffic when walking along quiet country roads.	Where possible, crossings will be used to cross the roads. Otherwise, the usual precautions will be taken by each walker. When walking on minor roads, the front and the back walker will keep a look-out for traffic and warn the rest of the group.

Risk of someone being unwell on the walk.	Group leader will take a mobile phone to contact emergency services. In cases of non-emergency situations, the group leader may fetch their car and retrieve the walker.
Risks Particular to the walk	The group leader will preview the walk and warn about any particular hazards relevant to that walk before the walk starts.

Date of Review: June 2025