

## Candidate Resource 3.2

Example of a completed generic risk assessment – walks in normal countryside

Hazard	Risk	Persons at risk	Control measures	Comments/Actions	Residual risk rating	Tick if all in place
Falls, drowning	Injury, death	Participants staff	<ul style="list-style-type: none"> <li>Leader experienced in walking in terrain and leading groups.</li> <li>Route researched and pre-walked – significant hazards (cliffs, water hazards, quarries) avoided or carefully assessed.</li> <li>Weather forecast obtained and conditions monitored; route changed if necessary.</li> </ul>	<p>Leader competence.</p> <p>Leader completes specific risk assessment for each walk as necessary.</p> <p>Ongoing assessment by leader at start and during activity.</p>	Low	
Getting lost	Injury	Participants staff	<ul style="list-style-type: none"> <li>Leader has sufficient navigational skills.</li> <li>Group size as low as possible (group size of 10 maximum ideally) and well supervised.</li> <li>Head counts.</li> </ul>	<p>Leader competence.</p> <p>Briefing of participants and staff re. supervision arrangements.</p>	Low	
Animals	Injury, illness	Participants staff	<ul style="list-style-type: none"> <li>Brief group about dangers of infection from animal faeces (EColi) and preventative measures.</li> <li>Avoid contact/injury from large animals (cattle, horses). If footpath crosses a field containing these animals assess the situation and act appropriately; for example, cross quietly as a group or take other route.</li> </ul>	<p>Brief group.</p>	Low	
Injury, illness or emergency away from immediate help	Injury, death	Participants staff	<ul style="list-style-type: none"> <li>Leader First Aid trained.</li> <li>First Aid kit.</li> <li>Gain information about pre existing medical conditions and ensure medication carried.</li> <li>Leader has planned emergency procedures.</li> <li>Communications (mobile phones – be aware of no signal zones) arranged.</li> </ul>	<p>Pre-planning of emergency procedures and communications.</p>	Low	
Exposure to extreme weather – cold, wet, heat and sun	Injury, death	Participants staff	<ul style="list-style-type: none"> <li>Daily weather forecast obtained and considered; plans adapted if necessary.</li> <li>All participants have suitable footwear, clothing and equipment to match expected conditions.</li> </ul>	<p>Participants given checklist – kit checked before departure.</p>	Low	