

# Risk Assessment – Walking (Low Level)

Updated - 14.02.18

<b>Required Instructor Competence</b>	<ul style="list-style-type: none"> <li>• Coastal &amp; Countryside Leader / BELC / Lowland Leader or suitable experience.</li> <li>• First Aid Certificate</li> </ul>
<b>Ratios</b>	<ul style="list-style-type: none"> <li>• 1:15</li> <li>• Ratios must be reduced to meet the needs of participants where appropriate</li> </ul>

Identified Hazards	Who is at risk?	Example Causes	Control Measures
<b>Personal Injury</b> Slips, Cuts, Twisted Ankles, Spinal Injuries, Broken Bones	Everyone	<ul style="list-style-type: none"> <li>• Tripping over rocks.</li> <li>• Tiredness</li> <li>• Descending steep routes.</li> <li>• Lifting heavy rucksacks</li> <li>• Blisters</li> </ul>	<ul style="list-style-type: none"> <li>• Instructor to provide health and safety briefing</li> <li>• Instructor to carry first aid kit</li> <li>• Instructor supervision of uneven/ steep terrain</li> <li>• Group taught how to lift rucksacks appropriately</li> <li>• Food and drink to be carried if appropriate</li> <li>• Appropriate socks and footwear</li> </ul>
<b>Difficulty controlling body temperature</b> Hyperthermia Dehydration Hypothermia	Everyone	<ul style="list-style-type: none"> <li>• Cold, wet, windy days.</li> <li>• Carrying bags</li> <li>• Hot, sunny days</li> <li>• Inappropriate clothing</li> </ul>	<ul style="list-style-type: none"> <li>• Obtain weather forecast and plan accordingly.</li> <li>• Appropriate clothing to be worn / carried.</li> <li>• Appropriate amounts / type of food and drink should be carried</li> <li>• Use of sun cream to be encouraged.</li> <li>• Appropriate group safety equipment to be carried</li> </ul>
<b>Lyme's Disease</b>	Everyone	<ul style="list-style-type: none"> <li>• Sitting/ Walking in long grass or undergrowth</li> </ul>	<ul style="list-style-type: none"> <li>• Appropriate brief given to group</li> </ul>

**This Risk Assessment in no way negates the need for ongoing dynamic risk assessment**

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