

NEWPORT OUTDOOR GROUP – RISK ASSESSMENT FORM

Event Date Organiser / Leader

Event is suitable for **Adults / Child (10 + years) / Child (less than 10) / Dogs.** (Circle those applicable)

Has walk route been checked in advance ? **Yes / No ?**

Is the walk / event leader an experienced leader and / or map reader ? **Yes / No ?**

Is the walk low risk eg Not mountainous/mainly urban/well waymarked ? **Yes/No ?**

Risk assessment carried out by Date

Hazard	Risk of Hazard Taking Place				Risk Reduction Measures (Describe any extra measures overleaf)
	Low	Medium	High	N/a	
Road Traffic					Minimise walking on major roads. Change route if risk is high. Bright clothing front and rear. Walk on safe side of road. Use lookouts front and rear. Follow Highway Code.
Railways					Only cross at approved crossing points.
Incident in isolated place					Call Mountain Rescue if incident is serious. Inform participants if activity is in particularly remote locations. Amend route if necessary
Farm animals.					Dogs are on a lead. Dogs <u>well away</u> from animals with their young. Follow the Country Code. Avoid cornering farm animals. Amend route if necessary.
Other users of the area					Give space to cyclists and motorcycle scramblers. Amend route if necessary.
Slips, trips and falls – snow, ice, wet rock, scree or steep or rough ground, etc.					Advise walkers of special risks in advance. Supportive footwear with good grip. <u>Non-confident walkers not to attend walk</u> or to be helped en-route. Amend route if necessary.
Falls from height.					Advise walkers of significant drops in advance. Do not indulge in scrambling. Amend route if necessary.
Exposure					Advise walkers of suitable clothing needed. <u>Walkers not to participate if they are ill equipped.</u> Check weather forecast. Amend route if necessary.
Sunburn, heat exhaustion, dehydration.					Advise of suitable clothing and need for liquids in advance. Check weather forecast. Reduce pace of walk. Frequent breaks. Amend route if necessary.
Extreme weather eg snow, ice, exceptionally heavy rain, strong wind.					Advise of suitable clothing. <u>'Weak' walkers or the ill-equipped must not take part.</u> Check weather forecast. Amend route, cancel or curtail event if necessary.
Falling rocks					Advise of particular hazards. Amend route if considered necessary.
River / canal / sea.					Advise if there is a significant risk of falling into water. Amend route if considered necessary
Tides.					Check tide times. Identify escape routes if there is a risk of being stranded.
Health , fitness or disabilities.					Advise members of the nature of activities. In extreme cases <u>individuals not to participate.</u>
Differing abilities within the group.					Describe the activity to members. Wait for the slower walkers. Instruct faster ones to wait. Appoint a back marker. Consider splitting the group (2 leaders then needed).

Hazard	Risk of hazard taking place				Risk Reduction Measures (Describe any extra measures overleaf)
	Low	Medium	High	N/a	
Getting lost.					Appoint a competent leader. Walkers to notify leader if leaving the group. Appoint a back marker where necessary.
Dogs					Instruct owners. <u>Dog to be on a lead at all times</u> , unless no hazard to other animals or walkers. Follow the Country Code. No aggressive dogs allowed on walks.
Damage or injury to third party or their property.					Avoid damage / injury to third parties / their property. Use stiles, gates. <u>Don't climb fences, walls</u> . Follow NOG rules and the Country Code.
Hazardous ground (e.g. bog, sand, old mine workings)					Advise walkers of hazardous ground. Amend route if necessary.
Plants, trees, etc.					Advise of hazard. eg brambles, etc.
Darkness					Advise walkers if activity is known or likely to be after sun-set. Torches to be carried by everyone. Advise of that need in advance.
Electric fences					Advise of presence of electric fences. Use the insulated handles. Amend route if necessary.
Children.					Only with a parent present. Discuss hazards with the parent. Is child's safety ensured ?
Burns					Limit numbers in kitchens
Fire					Comply with building's fire rules.
Food Poisoning					Follow separately advised hygiene rules.
Disagreement amongst individuals					The organiser/leader's word is final. Individuals departing from the route are deemed to be <u>no longer participating in a Group event</u> .

Corona virus controls and precautions followed during the walk/event ? **Yes / No ?** (If "No" state why not)

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If any other hazards exist, describe the **hazard** and the **risk reduction measures** taken here.

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If a significant injury takes place, RECORD THE DETAILS (who what, where, when and how) at the time and inform a committee member asap. (NOG Risk Assessment Form – V8. Website. August 2020).