

Polegate Rambling Club - Risk Assessment					
Identified risk/hazard	What risks do they pose?	Who is at risk?	Estimated risk rating H/M/L	Control measures taken to reduce risk.	Risk rating achieved
ACTIVITY: TRAVELLING TO/FROM WALK					
Car accident	Injury/death of occupants	Occupants	L	None. Passengers covered by owner's insurance.	L
ACTIVITY: WALKING/RAMBLING					
Lack of navigational skills	Getting lost	All	M	Leader training given, if necessary. Leader responsibility given. Leaders to recce walks. Leaders to carry relevant OS Explorer map, compass, GPS device if you have one and mobile phone.	L
Poor group control	Group split or loss of walkers	Members	M	Use of back marker, especially for groups of 12 or more. Regular stops and head counts. Communicate regularly. Leader & back marker wear high viz vests.	L
Rough, uneven & slippery terrain	Injury from fall	All	M	Walk recce'd and route amended if conditions underfoot and weather requires. Published walk brief, ie in programme. Leader briefing at start of walk, mentioning any known difficulties and hazards. Unhurried pace on difficult sections. Communicate hazards as they are approached. Correct footwear.	L
Poor fitness/health of walkers.	Slow movement. Late return time. Loss of daylight hours.	All	M	Published walk brief. Leader briefing at start of walk. Communicate regularly. Leader empowered to refuse to take anyone who is considered not fit to do the walk. Leader regularly stops to wait for slower walkers. Backmarker ensures no-one gets lost.	L
Incorrect clothing and footwear.	Getting cold and wet/hypothermia. Slipping on uneven/wet ground.	All	M	Programme to remind members to wear stout footwear and appropriate clothing. Leader empowered to refuse to take anyone who is not sensibly attired.	L
Lack of food and water.	Loss of energy, dehydration headache.	All	M	Programme to remind members to bring sufficient food and drink for the walk.	L
Adverse weather conditions.	Getting lost, cold and wet, or overheated, dehydrated.	All	M	Leader to carry relevant OS Explorer map, compass, GPS device if you have one and mobile phone. One other member, perhaps the back marker, to be made aware of the route. Leader to have an escape route, if possible. Leader to decide if walk to be cancelled or abandoned. In order to comply with our insurance regulations in the event of an amber or red weather warning walks MUST be cancelled and all potential attendees notified.	L

Walker wishing to leave group before the end.	Getting lost, injured or attacked.	Relevant member	M	Member leaving the group to inform the Leader. Leader to check that member knows the way back and tells member he/she is no longer the responsibility of the Club.	L
Animals	Members being frightened, especially of cattle and horses. Disturbance or agitation of animals. Injury.	All	M	Leader to ensure everyone stays in group. At Leader's discretion to deviate from right of way. Do not attack or threaten animals.	L
Stiles, gates, bridges, streams and ditches.	Injury to person. Damage to property.	All	M	Leader to warn group of known hazards, eg broken, wobbly or high stiles. Help to be offered to less able walkers. Members should not climb a gate without express permission from the Leader, and then only at the hinge end. If necessary, find alternative route.	L
Crops	Damage to crops.	All	M	Members to obey instructions from Leader to walk in single file behind Leader.	L
Roads	Accident and injury.	All	M	Members to obey instructions from Leader, eg to walk in single file behind Leader and on right hand side of the road. Members to shout out warnings of approaching traffic and animals. When crossing roads, walkers should cross at the same point, not spread along the road. Leader to ensure one person crosses first to watch for traffic.	L
Injury, illness or death.	Need first aid treatment. Delay or abandonment of walk.	All	M	Leader to carry first aid kit, relevant OS Explorer map, compass, GPS device if you have one and mobile phone and be able to give emergency services grid reference/What 3 Words of location. Basic first aid to be given, but it is not considered necessary to have a qualified first aider on all walks. Injured/ill person not to be left alone.	L
ACTIVITY: SOCIAL FUNCTION					
Injury/accident	Need first aid kit and possibly a first aider.	All	M	Indoor functions pose little risk. At BBQ only designated persons should be in charge of the BBQ. First aid kit should be on hand. A bucket of cold water should be on hand	L
Comment: As long as all good practice guidelines and risk assessments are adhered to, there should be only a low risk of problems arising.					
Undertaken by Mike Hutchinson and John Riley. Reviewed and amended March 2022. Amended August 2026. This form to be reviewed March 2027.					