

## RISK ASSESSMENT RECORD: Test Valley Health Walks

Service : Community and Leisure

Date: October 2017

Assessor: Louise Trayling

Review Date: October 2018

| Hazard  | Who might be harmed?  | How is the risk controlled  | Risk Level Achieved | What further action is necessary to control the risk?  |
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| Cars moving around the car parks at start and finish points | Accident / Injury to Walkers  | Highlight to walkers that they need to park and move responsibly in the car parks                                   | L                   | Reiterate to walkers regularly, and review the appropriateness of the current car parks used on an annual basis. Moving to a new site or time if the risk increases.   |
| Walking in large groups along paths                         | Accident / Injury to Walkers and general public (including those walking with prams / dogs / using mobility support or cycling. | Highlight to walkers at start about the need to consider other path users when walking in a large group             | L                   | Remind walkers at the start of each walk, and highlight any pinch points along the route. Regularly assessing the walk each year to ensure it does not have a negative impact on the safety of each walker.                            |
| Crossing any road   | Accident/Injury to Walk Leaders/participants  | Use pelican & zebra crossings whenever possible. Cross roads at high visibility. Avoid main roads whenever possible | L                   | Utilise walk leaders to ensure walks cross roads at appropriate points, where necessary leaders should be placed throughout the group or a walk leader should take responsibility for making sure everyone crosses at the right point. |
| Slippery underfoot (e.g. mud, ice etc.)                     | Accident / Injury to Walk Leaders/participants through falling. E.g. strains, sprains, breaks                                   | General avoidance, slow down walking pace, help and support from walk leaders                                       | M                   | Highlight along each walk where these slippery patches lie and consider finding an alternative route when a path is known to be slippery for a prolonged period of time (i.e. woodlands in winter)                                     |

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| Low branches, tree roots, brambles | Accident/Injury to Walk Leaders/participants through falling. E.g. strains, sprains, breaks   | Keeping to main paths and walk leaders verbally warning participants  | M | Any persistent issues should be reported to the scheme coordinator, who will assess whether to consider altering the route permanently or reporting the issue on      |
| Walking on uneven surface          | Accident/Injury to Walk Leaders/participants through falling. E.g. strains, sprains, breaks   | Highlight any undulating routes at the beginning of the walk, ensure the group are wearing appropriate clothing | L | Any persistent issues should be reported to the scheme coordinator, who will assess whether to consider altering the route permanently or reporting the issue on      |
| Walking on Boardwalk               | Accident / Injury to Walk Leaders/participants through falling. E.g. strains, sprains, breaks | Avoiding this when wet. Reducing speed of walking, single file walking  | L | When raining or during icy spells, this should be avoided completely. In dryer months the risk of injury is dramatically reduced. Any broken slats should be reported |
| Walking near open water            | Walkers falling into water/possibility of drowning  | Keeping as far away from edge as possible. Walk leaders warning participants verbally                           | L | Additional care should be taken for people with dogs on leads.  |
| Route of Health walk               | Accident/Injury to Walk Leaders/participants  | All Walk leaders are Qualified to lead walks  | L | Walk leaders will have access to routes and should not lead a walk they are not confident with a particular route.  |

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| Health condition triggered by activity   | Accident / injury to Walk Leader and walkers | All new walkers will be asked to complete a Health Questionnaire the first time they attend a walk. If a patient has an existing medical condition they must declare it and may be asked to seek their GP's advice before taking part in a Health Walk. | L | Walkers and walk leaders will be advised to report any serious changes in health to the scheme coordinator as this may affect their ability to walk. Walkers also have ICE cards issued to them so that emergency contact details can be obtained quickly. |
| Injury due to adverse weather conditions | Accident / injury to Walk Leader and walkers | Walk Leader to assess walking conditions prior to start of walk. Walk to be cancelled in extreme weather conditions.  | L | Leaders to report to TVBC if a walk is cancelled in advance of a walk so any enquiries can be informed.  |
| Injury from dogs                         | Accident / injury to Walk Leader and walkers | Dogs who are not on leads or who do not walk to heel will not be allowed on health walks  | L | Dog owners will liaise with walk leaders in advance of bringing a dog on the walks. Leaders have with right to refuse any dog from participating if it will cause an increase in risk to the group.  |
| Lost walker                              | Accident / injury to Walk Leader and walkers | A walking ratio of a maximum of 1 leader to 20 walkers to be observed at all times. Best practice is to have 2 Walk Leaders per walk  | L | Walking groups to be split where possible into different paces, leaders to walk with a specific group. Registers should also be used to sign people back in after a walk.  |

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| Going over stiles                             | Accident/Injury to Walk Leader/Participants                          | Walk Leader assisting walkers/verbal warning of stile       | L | Warning at the beginning of the walk there will be stiles   |
| Walking under barriers/fences                 | Accident/Injury to Walk Leader/Participants                          | Verbal Warning from Walk leader and assistance if necessary | L | As above  |
| Crossing a ditch                              | Accident/Injury to Walk Leader/Participants                          | Verbal Warning from Walk leader and assistance if necessary | L | As above  |
| Walking across fields with animals in.        | Accident/Injury to Walk Leader/Participants                          | Verbal warning, owners with dogs advised not to             | L | Do not run, do not agitate livestock. Dogs should not be stopped from engaging with animals if it will cause danger to the group. Route should be assessed if livestock are constantly in a field that the walk passes through. |
| Dog fouling, broken glass, litter in general. | Accident / Injury to Walkers   | Highlight to walkers to be watchful and on route            | L | Highlight any risks to be avoided on route. Report any issues to the scheme coordinator if this hazard is a continuous issue at any site.   |
| Walking in grassed areas                      | Accident injury to walkers and leader (ticks, Leeches, insect bites) | Ensure walkers are wearing appropriate footwear             | L | Open toe shoes should be discouraged.   |
| Walkers overheating or getting too cold       | Accident / Injury to walkers and leaders                             | Remind walkers to dress appropriately for each season       | L | Regular seasonal updates in newsletters   |

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| Walking into street furniture | Accident / Injury to walkers and leaders | remind walkers to be aware of street furniture (benches, bollards etc)                       | L | If items are frequently walked into, consider changing the route to avoid the area  |
| Group separation              | Accident / injury to walkers             | split groups into ability level to ensure all walkers are able to complete their chosen walk | M | Clearly label levels on each health walk and where possible organise walk leaders into different ability / duration groups for each walk. |
| Dehydration                   | Injury to walkers and leaders            | Remind walkers to bring a drink for summer walks   | M | Regular seasonal updates in newsletters   |
| Sunburn                       | Injury to walkers and leaders            | Reminder walks to take responsibility when the sun is out                                    | M | Regular seasonal updates in newsletters   |
| Barbed Wire                   | Injury to walkers and leaders            | Point out en route   | L | Avoid on routes where possible  |
| Electric Fence                | Injury to walkers and leaders            | Point out en route   | L | Avoid on routes where possible.   |
| Ticks                         | Injury to walkers and leaders            | Reminder to check body for ticks after spring / summer walks                                 | L | Reminder that ticks should be removed with the appropriate apparatus which can be obtained at any pharmacy.                               |

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| Walk Leaders Brief to request declaration of any new medication and side effects | Injury to walkers and leaders                | An addition made to the Leaders Brief requesting recent medication information | L | Although rare, a walker has 'passed out' due to side effects of prescribed medication taken and not declared this to the leader. A request for the information to be disclosed privately to the leader could prevent any further risks.         |
| Crossing a railway line  | Accident/Injury to Walk Leaders/participants | Only cross at designated crossing points when the crossing is clear.           | L | Warning at the beginning of the walk. Do not cross if you can see or hear a train.  |
| Confusion of people living with dementia   | The walker                                   | All walkers with dementia must attend with a carer                             | L | Carers to complete the same walk as walker with dementia. Leaders of memory walks to complete dementia awareness session.   |
| Shared routes – vehicles and pedestrians   | Injury to walkers and leaders                | Remind walkers that it is a shared route                                       | L | Leaders should include it in the briefing at the start of the walk to ensure that all walkers are aware of the shared route and to be cautious on the route. Leaders should wear high visibility jackets on all roads, including shared routes. |