

# Risk Assessment Form



**Walk**  
no./location  
Grade/mins/miles

**Date of this assessment -**  
**REVIEW every 6 months**

**Assessment carried out by:**  
Use initials only please

**Please mark all hazards** that apply to this route and **cross through those that do not**. Where a hazard is present, **please add a location**. The grey sections will then need to be read for all present hazards.

Hazard	Who might be harmed	How is the risk controlled
<b>Traffic/roads</b> Please add walk specific details (e.g. Names of specific roads):	All walkers	<ul style="list-style-type: none"> <li>Warn walkers in pre-walk talk</li> <li>Cross at safer places (e.g. zebra crossings, dropped kerbs for wheelchair users) <b>and/or where no official safe crossing, use green cross code before crossing roads.</b></li> <li>Keep group together, keep close to edge where no paths - do not drift across.</li> <li>Wear hi-vis vests, use whistles</li> <li>Single file where needed</li> </ul>
<b>Dual use paths (e.g. cycling and walking)</b> Name of path:  Where on route:	All walkers	<ul style="list-style-type: none"> <li>Inform group at the beginning of the walk if any of the route will be on shared use paths</li> <li>Keep to one side of the path, check the group is not drifting across path</li> <li>Ask walkers to help warn others of cycles approaching, use whistles</li> <li>Take extra care when crossing</li> </ul>
<b>Dogs mess</b>	All, particularly children	<ul style="list-style-type: none"> <li>Warn in pre-walk talk</li> <li>Warn as necessary on route</li> </ul>
<b>Dogs</b>	All, particularly those fearful of dogs	<ul style="list-style-type: none"> <li>Warn in pre-walk talk and as necessary on route</li> <li>Keep nervous walkers away from dogs and warn dog owner to keep dog away from group</li> <li>If dogs (other than assistance dogs) are permitted on this walk; they must be kept on a short lead at all times</li> </ul>
<b>Over hanging branches</b>	All	<ul style="list-style-type: none"> <li>Warn in pre-walk talk and as necessary on route.</li> </ul>
<b>Weather</b> Add specific details (e.g. very exposed?):	All, particularly those that are frailer and aren't dressed appropriately	<ul style="list-style-type: none"> <li>Check walkers are dressed appropriately</li> <li>Take water, hats, raincoats, etc.</li> <li>Be aware of places to shelter</li> <li>Abandon walk if necessary</li> </ul>

Hazard	Who might be harmed	How is the risk controlled
<b>Other people</b>	All	<ul style="list-style-type: none"> <li>• Keep walking group together</li> <li>• Be considerate of others - avoid blocking entrance ways and paths</li> <li>• Move past any potentially threatening group avoiding eye contact</li> <li>• Carry an attack alarm, should you feel there is a cause to do so.</li> <li>• Have a charged mobile to hand</li> </ul>
<b>Slips, trips and falls</b> Please note specifics (e.g. running water nearby, slippery/uneven path etc.):	All walkers particularly those with balance difficulties/mobility issues	<ul style="list-style-type: none"> <li>• Warn in pre-walk talk and as necessary on route</li> <li>• Slow pace and help walkers around muddy spots, narrow paths, etc.</li> <li>• Single file where needed</li> <li>• Abandon walk if path accessibility is very bad – <b>OR HAVE AN ALTERNATIVE ROUTE OPTION FOR WINTER/VERY WET WEATHER</b></li> </ul>
<b>Inclines</b> Please note specifics:	All walkers	<ul style="list-style-type: none"> <li>• Warn in pre-walk talk</li> <li>• Allow everyone to take inclines at their own pace</li> <li>• Rest at hill tops and wait for group</li> </ul>
<b>Stiles</b>	All, particularly those with balance difficulties/mobility issues	<p>Warn in pre-walk talk</p> <ul style="list-style-type: none"> <li>• Help walkers as necessary over stiles</li> </ul>
<b>New walkers</b>	All, particularly the new walker	<ul style="list-style-type: none"> <li>• Be extra vigilant whilst walking</li> <li>• Buddy new walker with a regular walker or another walk leader</li> <li>• Accompany the new walker back to base if necessary</li> <li>• Offer rest stops</li> </ul>
<b>Watercourses</b>	All	<ul style="list-style-type: none"> <li>• Warn in pre-walk talk</li> <li>• Ask walkers to keep away from edges with no barriers</li> <li>• Bring walkers attention to warning signs and life rings</li> <li>• Take extra care if dogs/children present. Reminder dogs must be on a short lead.</li> </ul>
<b>Other</b>		
<b>Livestock</b>	All, especially anyone with a dog	<p><b>Do not cross any cattle grids</b></p> <p>See advice below from the Ramblers website – ‘Walking near Livestock’</p>
<b>Start/Finish location, e.g. Car parks</b>	All	<p>Meet in safe area to introduce walk and complete paperwork, wear high-vis vests. Exit/enter away from main flow of vehicles. Use designated paths where possible. Keep group together - Take extra care.</p>

Based on a document originally produced by Walk for Health Bristol.

**NOTE** – PLEASE ADD ANY ADDITIONAL HAZARDS THAT MAY ARISE ON YOUR ROUTE - THIS IS A WORKING DOCUMENT SO HAZARDS CAN BE ADDED OR REMOVED AS NECESSARY.

## **WALKING NEAR LIVESTOCK.**

The countryside is an inspiring place to walk but it can also be little daunting when cows and bulls are grazing near your path. But the countryside is a working environment and it's important to be mindful and respectful of farms and farm animals, particularly during spring when cattle are rearing their young.

Here's some advice from our experts on what do when walking near cattle:

### **Do**

Stop, look and listen on entering a field. Look out for any animals and watch how they are behaving, particularly bulls or cows with calves

Try to avoid getting between cows and their calves

Be prepared for cattle to react to your presence, especially if you have a dog with you

Move quickly and quietly, and if possible, walk around the herd

Keep your dog close, on a short lead, and under effective control

Remember to close gate's behind you when walking through fields containing livestock

Report any frightening incidents or attacks to the landowner, the highway authority, the Health & Safety Executive (HSE), and also the police if it's of a serious nature

Keep us informed of any problems you experience

### **Don't**

Don't hang onto your dog if you are threatened by cattle - let it go as the cattle will chase the dog and not you

Don't put yourself at risk by walking close to cattle

Don't panic or run – most cattle will stop before they reach you, if they follow just walk on quietly

### **Cattle on your path**

So, what do you do when cattle are obstructing the path? Find another way, by going around the cattle. If cattle are blocking a path through a field, you're well within your rights to find a safe way, away from the path to avoid them. You should then re-join the footpath as soon as possible – and when you consider it safe to do so.

Find out more about walking near livestock by reading the **Countryside Code**.