

## Mourne Ramblers Group – Generic Risk Assessment (Tick as appropriate)

**Walk Venue (starting point)**

**Walk Leader**

**Risk Ratings; High, Medium, Low**

**Date**

All leaders must have a fully charged mobile phone, powerpack (if appropriate), first aid kit, map, compass, emergency numbers, accident sheet and pen. Leaders should have registered their phone with the emergency service for sms contacts in case the network coverage is not good enough for phone contact.

Members should inform leader about any relevant medical conditions beforehand or if feeling unwell during the walk.

Identified Risk	Control Measures in place to reduce risk	Risk Rating	Managed Risk Rating	Tick those that apply
Group Getting Lost	<p>Leader to provide briefing to group on importance of sticking together and not getting too far ahead or wandering off.</p> <p>Designate a backmarker</p> <p>Regular headcounts</p> <p>Assess weather forecast for fog and mist when planning route. Reassess on the day and be prepared to cancel, cut short or alter the walk if necessary</p> <p>Leaders must have a proper map of route, compass, torch and fully charged mobile phone.</p> <p>Leaders should brief one another on their intended routes for the day</p>	High	Low	
Member leaves group before the end - risk of getting lost or injured	<p>Member to inform the leader of wishes.</p> <p>Leader to check that member knows the way back. Check if someone is prepared to accompany them</p> <p>Member informs leader that they have returned safely</p>	High	Low	
Injury due to slips, trips or falls	<p>Appropriate footwear must be worn by all members. Refuse participation to anyone not wearing proper hillwalking boots</p> <p>High risk areas to be identified by leader in initial briefing and throughout, where necessary. Avoid cliff edges.</p> <p>Leader must have first aid kit and fully charged mobile phone.</p>	High	Medium to Low	
Darkness	<p>Leader must carry torch with spare batteries. During winter months all members should carry torches. Contingency plans should be made to cut short the walk if returning in darkness is likely.</p>	High	Low	
Livestock (horses/cattle)	<p>Be aware of potential for livestock on route.</p>	High	Low	

agitation causing injury to members	Avoid livestock if possible. If necessary, deviate from planned route. Never attempt to try to force animals to move.			
Drowning	Avoid access to deep water	High	Low	
Dehydration - loss of energy	Remind members of need to have adequate water and food for the walk & to drink and eat throughout day	High	Low	
Walking along roads or crossing roads	Members to obey leaders instructions. Walk in single file behind leader on right hand side of the road. Members to shout out warnings of approaching traffic or animals.  Similarly when crossing roads on route, obey leaders instructions and monitor for oncoming traffic before crossing.	High	Low	
Stiles, gates, bridges, streams and ditches	Leader to warn group of known hazards such as broken, slippery or wobbly stiles. Only climb a gate with permission of leader and then do so at hinged end. Assist less able walkers where necessary. When crossing streams and ditches use the route agreed with the leader.	High	Low	
Dry Stone Walls	Avoid climbing over dry stone walls. Where no other option is available, only do so after assessment of best crossing point by leader.			
<b>Weather Related Risks</b>				
Soaking, cold & hypothermia	Assess weather forecast when planning route. Reassess on the day and be prepared to cancel or cut short the walk if necessary  Be ready to refuse participation by members inadequately attired.	High	Low	
Gales or very strong winds	Assess weather forecast when planning route. Reassess on the day and be prepared to cancel or cut short or alter the walk if necessary.  Avoid summits, ridges and cliff edges	High	Low	
Sunburn, heat exhaustion or heat stroke	Assess weather forecast when planning route. Reassess on the day and be prepared to cancel or cut short or alter the walk if necessary.  Ensure members have adequate clothing especially hats/caps plus source of food/drink  Remind participants of the importance of sun protection including use of sun creams.	High	Low	
Lightning strike	Assess weather forecast when planning route. Reassess on the day and be prepared to cancel or cut short or alter the walk if necessary.  Alter route to avoid high places, open fields, isolated trees/poles/towers.  Sit/crouch down in waterproofs on top of insulating material eg rucksack. Hands kept on knees – not	High	Medium	

	touching the ground. Metal objects eg poles – lay to one side away from the walker.  If thunder is heard get off high ground ASAP			
<b>Other Risks (specify)</b>				

Template drafted 5<sup>th</sup> February 2020 – to be reviewed annually by Committee.