**BMC Risk Assessment Form**

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| **Event/activity name** |  | **Event/activity date** |  |
| **Assessor name** |  | **Assessor signature** |  |

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| Activity | Hazard | Who is at risk | Risk Factor **H/M/L** | Precautions to reduce risks | Residual risk **H/M/L** |
| Hill walking | Group members becoming split from the leader or group | Participants | M | Briefing at the beginning of walk - participants will be requested to stay together as a group throughout the walk, in sight and within easy hailing distance of the walk leader and assistant leaders. Head counts will be made at regular intervals. Leaders are familiar with appropriate search techniques in the unlikely event of someone becoming separated from the group. A booking system will be used to control numbers of participants on the walk and collect contact details. Any participant wishing to leave the walk should inform the leadership team. | L |
| Navigation error leading to party becoming lost | Participants | M | Leaders are suitably qualified or experienced to navigate the route that is planned, they are familiar with relocation techniques and are also familiar with the intended route and area in which the walk will take place. The preferred route is well known by the leadership team. On the day of the walk the route may be varied according to weather/ground conditions and other circumstances. | L |
| Inadequate levels of fitness leading to participant not being able to complete the walk safely | Participants | M | The distance, amount of ascent and type of terrain will be explained in and publicity and info sent to those planning to take part and at pre-walk briefing so participants should be in no doubt, when they join the walk, as to the level of fitness required. Leaders will look out for signs of excessive fatigue. | L |
| Intoxication or impaired by drugs | Participants | M | Participants suspected of being under the influence of alcohol or recreational drugs will not be allowed to participate. | L |
| Insufficient food or water. | Participants | M | In the briefing before the walk, participants will be advised to bring a packed lunch (full-day walk), snacks and sufficient water or other drinks. | L |
| Pre-existing medical conditions causing problems. | Participants | M | Walkers will be asked, during the pre-walk briefing, to speak privately to the leaders, prior to commencement of the walk, about any medical conditions they have that may have a bearing on their ability to participate safely and the location in their packs of any medication they might want leaders to find for them. | L |
| Hypothermia | Participants | M | Leaders are qualified or experienced in party management and first aid, and will undertake continuous risk assessment throughout the walks, taking appropriate actions to avoid participants becoming excessively cold. Leaders will carry amongst them an emergency mountain shelter and some spare items of clothing. Anyone turning up for the walk who doesn’t appear to be properly dressed or equipped will not be permitted to take part. | L |
| Hyperthermia | Participants | M | Leaders are qualified or experienced in party management and first aid, and will undertake continuous risk assessment throughout the walks, taking appropriate actions to avoid participants becoming excessively hot. Leaders will carry amongst them an emergency group shelter and some spare items of clothing. Participants will be reminded to bring sufficient liquid and head attire for the walk, and asked to inform leaders of any pre-existing conditions or medication. Anyone turning up for the walk who doesn’t appear to be properly dressed or equipped will not be permitted to take part. The leaders will ensure that the walk is appropriately paced and that rests are taken according to the weather conditions and make-up of the group. If necessary the route can be tailored on the day to reduce the length of the walk and levels of exertion. | L |
| Road Traffic | Participants | H | The route crosses and involves some walking on quiet roads, as well as starting and finishing in a quiet rural/village setting. Leaders are qualified or experienced in party management. The Highway Code will usually be followed and footways used when possible. Participants to be warned of any particular dangers and reminded to pay attention to traffic. | L |
| Ground hazards such as wet grass, mud, uneven terrain, bogs, loose rock, boulders etc. | Participants | M | The route has been planned to mostly use established footpaths and tracks. However, some are rough, eroded and sometimes steep and ground prone to being marshy. There may be a modest amount of off-path terrain on access land. The foregoing hazards will be mentioned during the briefing. Leaders are qualified and/or experienced in leading groups over this type of terrain and some have first aid training. Participants will be expected to wear suitable footwear to minimise the risk of trips and slips that could lead to injuries. Leaders are qualified or experienced to recognise areas of ground likely to be challenging, and use party management skills to guide participants through or around them where necessary. | L |
| Falls from rocks and cliff edges | Participants | M | On the route chosen, although there are some edges with steep drops in places, there is no need to go close to them. Leaders are qualified or experienced in party management to try to ensure that no-one does go closer than necessary. | L |
| Rivers and streams | Participants | M | There are several very small stream crossings on the route, but unless there has been exceptionally heavy rain, these are not likely to cause any significant risk. In the event of there having been exceptionally heavy rain in the days before the walk, then the route of the walk will be changed if felt necessary or the walk cancelled. The leaders will carry out dynamic risk assessment on the walk, responding accordingly to conditions. | L |
| Snow and ice | Participants | H | In the unlikely event of anything more than a very light covering of snow, or of ice, then the walk would either be cancelled or changed to a safer route. Otherwise the Leaders will undertake continuous risk assessment throughout the walks and are qualified or experienced in party management so they will guide the participants through any challenging areas or re-route as necessary. | L |
| Sun / Heat | Participants | H | Walk leaders will check weather forecasts prior to the walk taking place. If necessary leaders will remind participants to use sunscreen, appropriate clothing and carry appropriate amounts of liquid for consumption. | L |
| Stiles | Participants | M | There are a few stiles to be climbed over. It is not anticipated that these will pose any unusual risk to anyone who considers themselves fit enough to do the walk but leaders will monitor. | L |
| Biting or stinging insects | Participants | M | Leaders are qualified or experienced first aiders, and will undertake continuous risk assessment throughout the walks. | L |
| Domestic and farm animals | Participants | M | There may be cattle, horses or sheep on land that the walk passes over. Leaders will use continuous risk assessment to decide whether any animals pose a danger to participants and re-route where necessary. Participants will only be permitted to bring dogs on the walk if they agree to keep them on short fixed leads throughout and to move them away from the main party if it appears possible they may cause problems with farm animals. | L |
| Wild animals & snakes | Participants | M | Unlikely to be a problem in the area to be visited. The leaders are First Aid qualified and aware of emergency procedures | L |
| High winds | Participants | M | Walk leaders will check weather forecasts prior to the walk taking place. If exceptionally strong winds are forecast, then the walk will not go ahead. A lower level walk might be considered if sufficiently sheltered. | L |
| Heavy rain | Participants | M | The walk will still go ahead in rain conditions unless it is exceptionally heavy. Participants will be advised to bring weatherproof clothing appropriate for the likely conditions. Leaders may adjust the route or timing to avoid the worst conditions. | L |
| Hill fog/low cloud | Participants | M | Leaders suitably qualified or experienced in navigation in these conditions and are suitably qualified or experienced in party management to ensure the group stays close together, and in search techniques in the unlikely event that someone goes missing. | L |
| Lightening | Participants | M | Leaders are qualified or experienced to take appropriate actions to minimise the risk of lightning strike to group members. If thunder storms are forecast as highly likely, then the walk may be cancelled. | L |
| Nightfall | Participants | M | The route and timing of the walks is planned to incorporate a good margin of safety with regards to daylight hours. Leaders are suitably experienced or qualified to navigate in the dark, and carry torches and spare batteries or spare torches. It will be suggested to participants that they also carry a torch. | L |