

## Verwood & District Rambling Club

### Generic Risk Assessment & Accident Procedure

Walking is inherently safe, but people should be aware of their own fitness level and ability to complete the walk listed in the programme before they start out. Walkers should be appropriately dressed and prepared for a wide variety of terrain and weather conditions. Walk leaders will highlight specific hazards at the briefing before the walk starts

Hazard	Mitigation measures
<p><b>Terrain</b> Tree stumps, roots, steep and/or slippery slopes (e.g. chalk downland).</p> <p>Stiles and similar obstacles</p>	<p>Leader will include specific reference to any unusual or extreme instances discovered on the recce in the pre-walk briefing.</p> <p>Stiles present a particular challenge to less agile walkers and should be mentioned in the programme and pre-walk briefing</p>
<p><b>Road walking</b> Risk of collision with all forms of traffic (vehicles, cycles, horses, etc).</p>	<p>Most walk planning seeks to avoid road walking, but where this is unavoidable, follow the Highway Code:</p> <ul style="list-style-type: none"> <li>- Walk in single file facing oncoming traffic</li> <li>- Where visibility is an issue leaders and back-markers wear hi-viz jackets</li> <li>- Leaders and back markers shout audible warnings of approaching traffic</li> <li>- Assemble as a group for road crossing</li> </ul>
<p><b>Group separation</b> Risk of larger groups becoming separated notably in wooded areas with multiple pathways.</p>	<p>Leaders should appoint a back marker and agree appropriate signals for when separation occurs (e.g. whistle)</p>
<p><b>Weather</b> Extremes of weather, most likely to be heavy rain but may also include strong winds, abnormally high temperatures, etc.</p>	<ul style="list-style-type: none"> <li>- Leaders will monitor weather forecasts and cancel if necessary (e.g. amber or red weather warnings). If in doubt it is members' responsibility to check with leaders.</li> <li>- Forest and woodland walks are best avoided in gale force winds.</li> <li>- In hot weather walkers must bring plenty of water supplies, more than you would usually in cooler weather.</li> <li>- Leaders should schedule more frequent hydration stops.</li> </ul>
<p><b>Livestock</b> Walks through farmland often encounter livestock.</p>	<p>Leaders will have identified instances during the recce and will provide specific guidance during the pre-walk briefing, e.g.:</p> <ul style="list-style-type: none"> <li>- Walk as a group, keeping calm</li> <li>- Divert if needed</li> <li>- Leave gates as they are found</li> </ul>
<p><b>Other</b> Ticks thrive in most of the areas where VADRC ramble.</p>	<p>It is incumbent on walkers to check themselves for ticks and remove any found promptly</p>

### Accident Procedure

In the event of a walker suffering an immobilising accident, the group should stop whilst the casualty is assessed and suitable arrangements made for ongoing care. As a minimum, two people should stay with the casualty including one committee member whenever possible. The rest of the group should continue with the walk once it has been established that the situation is under control. Those staying with the casualty should ensure that they are in possession of a mobile phone with a signal in case it becomes necessary to summon further assistance. The leaders should report all accidents to the Club Secretary.