

**RISK ASSESSMENT CHECKLIST
FOR USE WITH INDIVIDUAL WALKS & FIELD TRIPS**

This checklist will be referred to by the group leader when addressing those attending at the start of any walk or field trip. The responsibility for complying with the advice given lies with those attending. If anyone reading the list considers that the risks identified for this particular trip make it unsuitable for them, then they are advised not to take part.

Identified Risk	Procedures to be adopted to minimise Risk	Could this apply?
Rough and uneven ground	Wear recommended footwear and look where you walk	
Wet and slippery conditions	Wear recommended footwear and look where you walk	
Possible bad weather and cold conditions	Wear or have with you suitable clothing	
Possibility of danger from incoming tides, quicksands, cliff edges or similar hazards	Listen to and comply with the advice of the leader	
Danger of getting lost	Stay with the leader and the group. Do not go off on your own. If you do need to leave the group during a walk, ensure the leader knows you are leaving	
Any medical condition known in advance that may limit your ability to participate	Inform the leader in advance and discuss possible solutions	
The development of a medical condition during the activity that may affect your continued participation	Inform the leader immediately and discuss possible solutions	