

Risk assessment sheet

Route: Heritage Route

The assessment will be reviewed should the organising group be made aware of any significant new information

Assessment undertaken by: Louise Smalley Challenge Walk Organising Group

First review undertaken: April 2022

Final copy signed off: 21 May 2022

Hazard	Who might be harmed?	How can the risk be controlled?	What further action is needed to control the risk?
Length & duration of walk	Walk Participants Support Teams	<ul style="list-style-type: none">• All participants are provided with a fact sheet when signing up to ensure they understand the nature of the challenge. Participants undertake the walk at their own risk and are required to provide a digital signature confirming they understand this as part of the application process.• The walk project manager contacts individual applicants where necessary to discuss any concerns prior to accepting entry forms.• All participants are encouraged to prepare & practise before the event. Practice walks may be offered from February onwards.• Safety briefing information is provided with the final walk email and at the pre walk evening held the week before the walk.• An experienced controller role coordinates throughout the event. A written procedure is in place for support team leaders to follow and to ensure effective communication & coordination throughout the event.• Participants must endeavour checkpoint 4 (i.e. before starting Route	

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		<p>5) by 7pm to ensure the walk can be completed within 18 hours.</p> <ul style="list-style-type: none"> • The WALK CONTROLLER, in consultation with the Support Team Leader and First Aid officers, has the authority to prevent a participant from continuing if it is deemed that the walker cannot safely complete the walk. • Six check points along the route on the day of the walk. This enables the support crew opportunity to see walkers and provide support if required. First aid support can be accessed at checkpoints. Checkpoints give walkers opportunity to retire from the walk if necessary. Checkpoints also provide drinks and food to ensure participants have adequate fluids and sustenance. • People with any food allergy or specific dietary requirements are required to supply their own foods clearly labelled and sealed for their personal consumption. • The distance between checkpoints becomes less as the walk progresses. • Qualified healthcare professionals, with appropriate equipment and vehicles are available throughout the event to provide first aid and emergency health care. • Each support team will endeavour to have at least one qualified first aider. First aid kits are held by each team. • Walk participants are advised not to walk alone and should they come across a lone walker then to walk with them to the next check point. 	
Participants becoming lost	Walk participants	<ul style="list-style-type: none"> • The walk route description and maps are available on the Louise Smalley web site. • Walk participants are actively encouraged to practise the walk route beforehand so as they are familiar with the route. • Participants are required to demonstrate that they have a copy of the route description prior to the start of the event. This will be supplied by email prior to walk day. Information is provided to walk participants, on what to do should they become lost. This information is also available on the website. 	

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		<ul style="list-style-type: none"> • The Controller's telephone number is on the route description and participants are advised of this in the safety information. • Participants are required to provide details of the mobile phone they will have with them on the day of the walk so as the controller can contact them if there are any concerns. • Support vehicles are available should a lost walker require assistance • Walkers will be encouraged to use the What3words app to support in identifying location of any lost walker. 	
Loss of phone signal on the route	Walk Participants Support Teams Healthcare team	<ul style="list-style-type: none"> • The route is walked fully prior to the event so as we can be aware of any points where a phone signal is weak or not available so as an action plan can be considered. • On this route it has been noted that the phone signal is less reliable at the following checkpoints: none identified 	
Slips, trips and falls	Walk Participants Support Teams Healthcare team	<ul style="list-style-type: none"> • The route is walked fully prior to the event so as we can be aware of any points which may pose a particular risk i.e. steps, and these can be highlighted to participants on the route descriptions. • Participants are requested to wear appropriate walking footwear • First aid support is available throughout the event. 	
Weather conditions: hot sun, inclement weather	Walk Participants Support Teams Healthcare team	<ul style="list-style-type: none"> • Participants are given written information to remind them to use sun protection. • Participants are reminded to keep hydrated throughout the walk and checkpoints provide opportunity to obtain drinks. • Participants are advised to carry suitable waterproofs if the weather forecast predicts heavy rain. • Sun canopies are provided at checkpoints to provide shade/protection from rain. 	
Moving and handling support equipment	Support Teams Healthcare team	<ul style="list-style-type: none"> • Support teams have adequate members and equipment to support with moving utilities. • Vans are used to provide wide doors and spaces for ease of moving utilities. 	

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Livestock- horses, cows etc in fields	Walk Participants Support Teams Healthcare team	<ul style="list-style-type: none"> • The route is walked fully prior to the event so as we can be aware of any points where there might be livestock. • Walkers are warned on the Route Description that livestock may be encountered on the route but the LSW cannot be too specific on location as this is generally out of our control. • Landowners are contacted prior to the event should any concerns be raised during the practice walks to inform that a large number of walkers will be passing through. 	
Road traffic	Walk Participants Support Teams Healthcare team	<ul style="list-style-type: none"> • Participants are reminded to take care when walking on roads at the start of the event. • Any areas that have been highlighted as requiring caution are mentioned specifically in the route notes. • Wherever possible the walk route is kept to public footpaths/bridleways but NOT exclusively. • The checkpoint location is assessed for traffic safety 	
Young people 16 and under	Walk participants	<ul style="list-style-type: none"> • Safeguarding children policy in place • We will endeavour to have the Walk controller and at least one support team member in each team to have had a DBS check. • Young people aged between 14 and 16 years must walk with a responsible adult at all times. • Support team leaders are authorised to stop a young person aged between 14 and 16 if they are found to be walking without a responsible adult. 	
Adults at Risk	Walk participants	<ul style="list-style-type: none"> • Adults at Risk policy in place • We will endeavour to have the Walk controller and at least one support team member in each team to have had a DBS check. • Adults at risk must walk with a responsible adult at all times. • Support team leaders are authorised to stop an adult at risk if they are found to be walking without a responsible adult. 	

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Electric fences, barbed wire, stiles in poor repair	Walk participants	<ul style="list-style-type: none"> • Participants will be advised, during the pre-walk safety talk, to take the usual precautions when walking in the countryside. • Any fences or stiles identified during the route checking walks, that may require additional care, will be notified to participants in the walk route description 	
Provision of hot and cold food at checkpoints- Cross contamination of raw and cooked food	Walk participants Support Teams	<ul style="list-style-type: none"> • Uncooked sausages and bacon are stored in a designated cool box • All utensils are colour coded to identify which items are specifically for uncooked food e.g. red tape around utensils and red chopping board are for raw food and white for all other items · • Different coloured cloths are used for raw food preparation areas 	
Food allergies	Walk participants Support Teams	<ul style="list-style-type: none"> • Walk participants are required to disclose any known food allergies on the entry form · • All walk participants are informed that the walk organisers cannot guarantee the ingredients of the food provided. Walk participants with known allergies are strongly advised they should only consume their own food, and if storing their food on the support vehicles, food items must be in a labelled sealed container. Any such items will then be stored in a separate box. • Volunteers providing baked products are requested to provide a list of ingredients with their products 	
Food poisoning	Walk participants Support Teams	<ul style="list-style-type: none"> • We will endeavour to have at each checkpoint at least one member holding a Food Hygiene Certificate • Support team members must wash their hands with soap and water - after going to the toilet - after blowing their nose, sneezing, coughing etc - after eating - before preparing food - after having a cigarette, vape • If handwashing facilities are limited hand sanitiser is available for use, there should be 30 seconds contact time of hand sanitiser • Support team members, involved in food preparation, wear gloves if they have any cuts, sore skin, rashes etc on their hands. Gloves are 	

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		<p>changed regularly</p> <ul style="list-style-type: none">• Correct storage of food. The food provided is food that can be stored safely at room temperature throughout the day. Milk is purchased on the way to the checkpoint• Food is stored in cool boxes and are kept in the shade• Food is kept covered from flies etc	