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| **Generic Risk Assessment for AOAC Walking Grades C D & E****Formal AOAC Walk Card to be completed; or established/published route familiar to leader to be planned and followed** |
| Leader:Date: | Location:Distance: | Weather Conditions:First Aider: | Expected Duration: |
| **Equipment** | First Aid Kit, Group Shelter, Phone, Pencil & Notebook, GPS, Spare Clothing, Food and Drink. Consider Walking Rope / sling. |
| **Hazard** | **Likelihood and severity** | **Control Measures** | **Remaining risk** |
| **Adverse Weather** | Likely/serious | Leader to use up to date forecast and plan for conditionsOngoing assessment of conditions and amend plans to manage risksConsider river conditions – assess and manage crossingsSuitable clothing – see kit lists | Low |
| **Darkness** | Possible/Serious | Suitable torchesPlanning and late back procedures | Low |
| **Hypothermia** | Possible/fatal | Warm and waterproof clothing – see kit lists Check suitabilityEmergency food, spare clothing, first aid training, vigilance in group, emergency equipment (survival bag or group shelter)Review & monitor weather and group | Low |
| **Illness/Medical conditions/Fitness** | Possible/fatal | Member to inform leader of conditions and carry medicationRoute planned and difficulty indicated by grade – member to check if unsureMonitor group | Low |
| **Other hill users, stock & animals** | Likely/serious | Presence and location of others to be assessed by leader and plans/location modified to reduce any identified riskLook and listen on entering a fieldAvoid getting between cows and their calvesIf possible walk around cattleAdapt route if necessaryObserve Countryside CodeSee Ramblers guide [‘Walking near livestock’](https://www.ramblers.org.uk/advice/safety/walking-near-livestock.aspx) | Low |
| **Road traffic/motor vehicles/mountain bikes** | Possible/fatal | Bright clothing at front and rear of groupRemain vigilant and communicate presence to groupObserve Highway Code RecommendationsActively manage road crossings | Low |
| **Separation of group members** | Possible/serious | Leader to supervise group, regular head countsKeep group together, allocate additional leaders/assistant to back markCommunicate stops and resumption to all | Low |
| **Slips, Trips & Falls** | Likely/fatal | Leader to check suitable footwear – see kit listsMonitor technique & safetyRoute choice, graded walkAvoid, supervise and spot on difficult terrain | Medium |
| **Sunburn, heat exhaustion heatstroke** | Possible/fatal | Sunscreen & hats, suitable clothingRegular drinks and breaksMonitor weather and groupSeek shade, amend plan | Low |

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| **Tick bites** | Likely/very serious | Leader to identify hazard to groupSuitable clothing, Smidge or similar repellentPost walk checks, tick removal tool | Low |
| **Specific Considerations**e.g. water crossings, campsite conditions & cooking… |  |

**AOAC Activity Sign On Sheet**

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| **Activity Name:** | **Date:** |
| **Description of Activity:** |
| **Name and role \*** | **Mobile No** |
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| **External Contact and Role. Consider late-back contingency:** |

**\*By adding your name you confirm that you have read the activity risk assessment.**

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