

Activity: All g.o.d. Walks

Location: Various

Date: January – December 2018

Hazard	Who is at risk?	Frequency	Risk Level	Action taken to reduce risk
Minor injuries	All	Low	Low	Carry first aid kit in the group.
Falls	All	Low	Med	Ensure some basic first aid knowledge within the group. Watch out for each other.
Twisted ankles	All	Low	Med	Wear ankle-supporting boots.
Encountering livestock	All	Low	Med	Keep the group together until clear.
Lightning	All	Low	High	Check forecast and change route if needed. Keep away from trees and high points.
Loosing someone	All	Low	Low	Leader must know the group size at the start. Stop to check periodically. Keep the group together. Walk at the pace of the slowest person.
Pre-existing health condition	All	Med	Med	Use declaration forms and contact lists.
Delayed return	All	Low	Low	Carry phones and contact numbers.
Serious injury	All	Low	High	Know the group's limitations. Plan the route to suit the group. Look out for each other. Know basic emergency procedure.
Tick bites	All	Med <i>Late Spring, Summer, Early Autumn</i>	Med	Tuck socks into trousers Walk in centre of paths Spray insecticide onto trouser legs. Remove tick a.s.a.p. Report any rashes to a doctor (Lyme Disease)

