

Group Walks – Risk Assessment

Leader	Peter Blyth	Date Assessed	02-May-2021
Date of Walk	22-May-2021	Locality	Loughton Park
Meeting point	Discovery Centre	Departure time	11:00am

Possible hazards	Affected	How to Manage Risk
Bad Weather Heavy rain Extreme heat / cold	All	Event will be postponed in extremes of weather conditions. Waterproof clothing advised if chance of showers. Carry water bottle for high temperatures. Hat and sunscreen advised.
Lost / stranded	All	Popular well known area with roads nearby so no chance of getting lost. Mobile phone signal on entire route.
Inadequate clothing	All	Strong shoes, trainers or walking boots required. Not suitable for sandals and flipflops.
Nettles and thorny bushes	People wearing shorts or with exposed skin	None on this walk
Traffic / busy roads	Crossing roads	Directly crossing a couple of quiet roads with good visibility so traffic not an issue. Short sections walking on very quiet village roads.
Path conditions - muddy, slippery, trip hazards, steep inclines, water hazards	All	Normal hazards – uneven paths occasionally and possible wet or muddy sections if heavy rain prior to the walk. About 5% on soft natural trails with chance of mud or slippery but flat & remainder on maintained hard paths. Railway bridge crossing using stairs and a few stairs entering church grounds.
Animals - horses, cattle, livestock	Enclosed fields & gated enclosures	None
Cliffs, drops, trenches	Risk of falls	None
Exhaustion	Fitness dependent	Full circuit is 6.7 miles and without breaks will take 2 hours at moderate pace. At the 2, 3 and 4 mile markers there is the opportunity to return and shorten the walk
Facilities - toilets & refreshments	All	None – carry snacks and water if required. Toilet paper / tissues
Collision from cyclists	All	Cyclists will use these paths so be aware of cyclists at all times.