

Risk Assessment:

1 *Walking & Being* lead by Nicola Hughes.

The route will be agreed beforehand

Route 1 (R1): Meet at The Bank House, LS28 8EB – walk down Scholebrook Lane, Left across the field and return. May involve walking around the wooded parts.

Involves:

- a steep incline at beginning and end of walk,
- Walking past a dog kennel
- Using a stile
- walking across an open field, that may have animals in (horses)
- Small becks at the bottom of hill

Route 2 (R2): Meet at Queens Park, Off Victoria Road Pudsey – Walk around the field

Involves:

- Gentle walk
- No hills
- Possible activities on the field

Route 3 (R3): Meet at Woodhall Lake, off Woodhall Lane, (opposite the street Woodhall Croft)

Involves:

- Walk around a lake
- Through trees and wood to a field
- Fairley flat, can be very muddy in parts

2. Seasonal Outdoor Supervision Group lead by Nicola Hughes

Route 4 (R4): We will meet at Golden Acre Park, Bramhope, on the path near the toilets.

Involves:

- A flat walk around a lake
- Bridges to cross
- Paths all the way around, with options to break off into wooded areas

The “Walker” is the Outdoor Therapy Client or Supervisee.

Hazard/Event	Who might be harmed	How the risk is controlled
Inclines (R1)	All walkers, particularly those with heart conditions	<ul style="list-style-type: none"> • Warn in advance the level of walk • Be aware of walkers needs • Go at walkers pace • Walker to say when rests are needed
Stiles (R1)	All walkers, particularly those with balance difficulties/mobility issues	<ul style="list-style-type: none"> • Give assistance where necessary
Watercourses/River Banks, Lake (R1,3, 4)	All walkers	<ul style="list-style-type: none"> • Discuss route before hand • Walker to stay away from edges with no barriers
Farm Animals	All walkers	<ul style="list-style-type: none"> • Do not disturb animals • Walk past calmly • Do not feed animals • In Contracting: Discuss if walker has any fears re animals
Dogs mess	All walkers	<ul style="list-style-type: none"> • Warn as necessary on route
Dogs	All, especially those fearful of dogs	<ul style="list-style-type: none"> • In contracting: Walker to inform Nicola if they are fearful of dogs and discuss a strategy
Overhanging Branches	All Walkers	<ul style="list-style-type: none"> • Warn on route & keep alert
Weather	All walkers	<ul style="list-style-type: none"> • In contracting: Walker agrees to wear weather appropriate clothes • In contracting: walker agrees to wear sunscreen and sun hat in hot weather, waterproofs in wet weather • Be aware of places to shelter
Traffic & Roads	All walkers	<ul style="list-style-type: none"> • Warn walker in advance • Cross at safe places • Stay together • Look left and right before crossing
Other members of the public	All walkers	<ul style="list-style-type: none"> • Keep together • Be considerate of others



		<ul style="list-style-type: none"> In contracting: Discuss beforehand an agreed approach for people we know
Slips, Trips and Falls	All walkers, particularly those that have balance difficulties/mobility issues)	<ul style="list-style-type: none"> Go at walkers pace Discuss routes beforehand to check ability Be aware of walkers needs Allow for rests if needed Bring own first aid kit for own use Nicola to have charged mobile Nicola down load what3words app
Mud	All walkers	<ul style="list-style-type: none"> Wear appropriate boots Discuss beforehand if opposed to muddy walks
Nettle stings/Bee stings	All walkers	<ul style="list-style-type: none"> Take responsibility for own injury Walk with hands in air through nettles Inform Nicola of any allergies Nicola to have a charged mobile
Any health issues	All walkers	<ul style="list-style-type: none"> Walker to disclose any health issues or known allergies as part of contracting Nicola to carry emergency contact details for both walker and herself Nicola to have a charged mobile Nicola down load what3words app Nicola will phone 999 if she deems it
Dual Use Paths or paths with bikes on (Cycling & walking)	All walkers	<ul style="list-style-type: none"> Inform walker at beginning of walk Keep to one side of the path Take extra care when crossing
Activities on the field (R2)	All Walkers	<ul style="list-style-type: none"> Walk around edge of field so as not to disturb activity Notice at start where activities are and how it might affect us (eg footballs being kicked near us)
Covid-19	All walkers	<ul style="list-style-type: none"> All walkers will maintain social distancing rules If the path is narrow one walker will walk ahead Walker must not walk in road
Counselling	Walker	<ul style="list-style-type: none"> Walker must stay with Nicola at all times



		<ul style="list-style-type: none">• Walker can ask to stop, slow down, spend time in one place• Nicola will manage the time of the walk and inform when it is time to return
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With these control measures in place then the risk of harm is low.

