Health and Safety

Risk Assessment Statement

for

Sutton-in-Ashfield Rambling Club

Circulated annually to all members

To be given to all new members of the Sutton-in-Ashfield Rambling Club

The following document outlines all areas of possible 'Risk' when Rambling

September 2024

Risk	Level of risk	Assessment/Control
Essential First Aid Advice All Ramblers	High Priority	- Under Health and Safety regulations is not necessary to have a qualified First Aider on rambles, however, it is recommended/advisable that someone on the ramble should have a working/ basic knowledge of First Aid. ***This is an insurance requirement.*** - Ramblers need to be made aware who this person is in the unlikely event of ramblers getting separated from the main party/requiring first aid. - ***Ramblers to be made aware of who is carrying the First Aid Kit for each Ramble*** - The contents of the First Aid Kit should be checked by the leader prior to each ramble.

		- Essential Contents of First Aid Kit – See below (page 6)
Weather	Low/Medium	Weather checks to be carried out by the leader prior to departure. Risk: Exposure to the elements resulting in eg. • Hypothermia • Sunstroke • Dehydration • Becoming lost • Slips and falls Controls & Advice: Instructions to be given to all ramblers re: - What to do in the event of thick fog – if you become lost STAY WHERE YOU ARE, as you may become even more lost, making it difficult for rescuers to find you. - What to do in the event of heavy rain/snow – take shelter if you can and stay together. If necessary, tie yourselves together with rope or string - What to do in the event of severe winds and storms – take shelter if you are able. - What to do in the event of extreme heat – Cover head and keep hydrated - Carry sun cream - Keep together and DO NOT wonder off on your own as you may get lost. Wear bright clothing on all rambles **Advice re Clothing and footwear:** - Appropriate clothing to be worn for the time of year/the terrain of the ramble and the weather forecast. - Waterproof jackets and 'over trousers'. - Warm or waterproof head gear - Ruck sack - Walking boots ('Trainers' are not adequate) - Adequate spare clothing - Fleece – depending on the season - Gloves – depending on the season - Sun hat – depending on the season
Footwear	Low/Medium	Risk: Inappropriate footwear can leader to: • Blisters • Ankle accidents

		• Painful feet due to thin soles and lack of padding in shoes • Accidents when walking on loose, rocky or slippery terrain Control & Advice: - Sensible walking boots to be worn - In conjunction with hiking/rambling socks - Walking poles or sticks
Prevention of dehydration and of loss of energy	Low/Medium Low/Medium	Risk: • Dehydration – leading to organ failure/collapse Control & Advice - All ramblers need to carry the appropriate amount of water/liquid for each ramble. - Sun cream - All ramblers need to carry an appropriate amount of sustenance for each ramble to ensure energy levels are maintained. - Packed lunch, especially if there is no café or pub en-route
Separation from the rambling party	Medium	Risk: • Getting lost Control & Advice to all Ramblers: - Ramblers to carry maps of the ramble taking place. - Emergency phone cards carrying the telephone number of the leader to be carried at all times - All ramblers are advised to carry a mobile phone when taking part in a ramble - If you are unable contact the Leader and you are lost – STAY WHERE YOU ARE!! If appropriate, call the emergency services **Please Note:** *There is an excellent free app, OS Locate. Everyone who has a smart phone should have it. All you need to do is open it and it will give you your grid reference location. It doesn't need wifi. You can then telephone the leader and advise them.*

		Also, if someone rings the Police, they would need to be able to pass on the location, the Police in turn will pass this onto the Mountain Rescue. - Carry a whistle and or other essential equipment - Torch - Penknife - Compass - Any rambler deciding to leave the party to ensure they inform the 'Front Leader' and the 'Rear Leader'.
. Risks posed by terrain	Low/Medium	Risk: • Falls • Slips and trips • Broken limbs • Grazes • Drowning Control: Prior to departure, the Leader needs to ensure the he/she is aware of: • Slippery footpaths • Loose rocks etc. • Steep drops • Rivers and streams • Safe places to cross the road- details of which are to be communicated to all ramblers
Length of Ramble Approximate time taken to complete Ramble	All ramblers to be aware!	Risk: • Are each of the ramblers physically capable of completing the ramble without risking their own health. If you are not sure – THEN DO NOT ATTEMPT THE RAMBLE Control/Advice: - Should a rambler become separated from the main party, the leader/party should wait for members to catch up. If they do not appear in the estimated time taken to complete the ramble, and contact cannot be established, the alarm should be raised by the leader.
Animals/Livestock	Medium/High	Risk: • Cows in fields – risk of being trampled • Cattle can be particularly dangerous if they have calves.

		Stay well clear of them • Bulls in fields – Serious risk of being trampled or gored • NEVER enter a field where there is a bull on its own • NEVER enter a field where are cows and a bull • Horses in fields – being knocked over/being kicked by the horse/breaking limps/severe bruising. Horses can also give you a nasty bite if they are not tame!! Control: - All ramblers to be made aware of any risks prior to departure.
Taking dogs on rambles	High	Risk: • Causing accidents (eg. ramblers tripping over) • Spook cattle and horses • Worrying sheep • Worrying chickens Control: - It is mandatory that dogs are never taken on rambles or on coaches - Dogs may be taken on evening (local) walks provided they are under control
Bites and Stings	Medium/High	Risk: Bites and stings from: • Bees • Wasps • Hornets • Bumble Bees • Ticks • Other insects Resulting in: • Anaphylaxis • Swelling • Itching • Infection Control/Advice: - Ramblers are advised to carry appropriate anti bite/sting creams/sprays etc. - Insect repellents - Tick Bites – If a rambler is bitten by a tick, he/she should check with their GP as ticks can spread Limes disease/cause heart issues

		- The leader should be aware (prior to departure) of any rambler who has allergies to bites/stings. - Ramblers with serious allergies should always carry their own medication. - Any rambler experiencing anaphylaxis, (which is not relieved by their medication) must be rushed to hospital by ambulance or other vehicle (whichever is the quickest means of transport) to the nearest A & E. If using one of the members vehicles – phone A & E to say that you are on your way!
Health Issues	Essential	Risk: - Any health issue which is likely to be exacerbated by too much exertion Control: - The leader should be made of any serious health issues, which could prove to be a problematic for the member in certain circumstances.

Essential Contents of the Rambling Club First Aid Kit

(To be checked prior to each ramble)

- Latex-free plasters.
- Compeed® or other blister plasters. (Absorb excess moisture and provide optimum healing conditions)
- Low-adherent dressings and/or gauze swabs.
- Triangular bandage(s)
- Wound dressings (various sizes)
- Woven bandage(s)
- Micropore tape.
- Antiseptic wipes