

RISK ASSESSMENT FOR WALKING

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STEWART YATES TRADING AS ASSYNT FLY FISHING

Risk Assessment Carried out by: Stewart Yates

Date: 4th April 2019

Review Date: 1st October 2019

HAZARD	PERSONS AT RISK	PRE-ACTION RISK H/M/L	PRECAUTIONS TO BE TAKEN	POST-ACTION RISK H/M/L	FURTHER ACTIONS
Slips, trips and falls.	ALL	H	<ul style="list-style-type: none"> • Correct footwear. • Walking poles. • Thorough briefing. • Correct route choice. • Guide to walk at front of group and brief following group on significant hazards. • Walk at an easy pace for the slowest member of the group. • Abandonment of activity due to weather conditions. 	L	<ul style="list-style-type: none"> • Continual close monitoring of group and weather conditions by guide. • Vigilance by all in group.
Dehydration, Sunburn, Exhaustion and Hypothermia.	ALL	M	<ul style="list-style-type: none"> • Route within the abilities of weakest in group. • Ensure that all in group have sufficient drinking water. • Correct clothing worn/carried. • Regular drink/rest-stops and ensure that additional clothing is donned for longer stops. • Application of sun-block as necessary. • Abandonment of activity due to weather conditions. 	L	<ul style="list-style-type: none"> • Continual close monitoring of group and weather conditions by guide.
Becoming lost.	ALL	M	<ul style="list-style-type: none"> • Guide is completely familiar with area. • Guide is fully qualified and experienced. • Group stays together at all times. • Group briefed on route and made aware of safe route to start point throughout the day. • Abandonment of activity due to weather conditions. 	L	<ul style="list-style-type: none"> • Continual close monitoring of group and weather conditions by guide.

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FOR USE BY STEWART YATES TRADING AS ASSYNT FLY FISHING ONLY

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HAZARD	PERSONS AT RISK	PRE-ACTION RISK H/M/L	PRECAUTIONS TO BE TAKEN	POST-ACTION RISK H/M/L	FURTHER ACTIONS
Medical emergency or serious injury.	ALL	L	<ul style="list-style-type: none"> • Fully charged mobile phone in waterproof case carried by guide, group briefed on its location and use. • Emergency procedures in place for late return and loss of communications. • Comprehensive First Aid kit carried by guide, group briefed on its location and use. • Group asked to declare any medical conditions and to ensure that they are in possession of any medication. • Abandonment of activity if deemed necessary by guide. 	L	<ul style="list-style-type: none"> • Continual close monitoring of group by guide. • Vigilance by all.
Risks posed by wild animals and insects.	ALL	M-H	<ul style="list-style-type: none"> • Group briefed on the hazards presented by: Midges and Horseflies – Irritant that may cause loss of concentration, leading to more serious accident. Ticks – remote possibility of Lymes Disease and symptoms thereof. Tick removal tool carried by guide in First Aid kit. Information available. Stags (during rutting season) – May challenge walkers, stay well clear. Adders – Venomous snake but very rare, even large specimen would struggle to inject venom into leg through even just cotton trousers, first two bites usually non-venomous, be vigilant, wear gaiters. 	L	<ul style="list-style-type: none"> • Continual close monitoring of group by guide. • Vigilance by all in group.