**Step 1.**

Please read through the potential hazards and associated control measures in the table below in the context of your programmed walk. Please also refer to the walk leader guidelines on the resources page of the website: http://cardiffoutdoorgroup.wordpress.com/resources-2/

**Step 2**

Please confirm the generic risk assessment covers all potential hazards and appropriate control measures applicable to your event. If, at any stage, you realise that the generic risk assessment omits anything then please add the details in the space provided at the bottom of the table.

**Step 3**

**When returning the Route Card with details of your planned route, ensure you tick the box ‘*I have read and understood the 3Pt Great Challenge Risk Assessment’*. If you identify any additional risks then add them at the bottom of the table and return with your completed Route Card to:** **threepeakstrial@gmail.com**

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| --- | --- | --- | --- | --- |
| **Activity** | **Hazard** | **Risk Factor****H/M/L** | **Precautions to reduce risks** | **Residual risk****H/M/L** |
| General walking activity in hills and additional event safety restrictions. | Weather | M | The walks must be undertaken in daylight.Prior to each walk each entrant must email information to threepeakstrial@gmail.com on their proposed routes together with the date and start time of their walks.Walks must be done in minimum groups of three people.Walkers must have Ordnance Survey Map reading skills and know how to navigate using a compass.Walkers are aware severe weather conditions can increase chances of accident, exposure and getting lost. All participants informed about activities to be undertaken and personal clothing needed. In the event of the onset of severe bad weather the walk will be abandoned and group will return on the same path used to ascend or other pre-identified emergency route. | L |
|  | Getting lost  | M | Competent navigators with group with maps & compasses & those not sure asked to stay close to those to particular people. | L |
|  | Road crossings | M | 1. Participants advised care required when walking along narrow country lanes & road crossings.
2. Ensure the group is together before crossing roads.
3. In the absence of a pavement, walk in single file on the edge of the right hand side of the road to enable a view of oncoming traffic With the exception of right hand bends where you should walk on the left so you are visible to traffic.
 | L |
|  | Difficult terrain, trips/ stumbles | M | Extensive areas of rocky, unmade paths. All participants will wear footwear suitable for the terrain. Also walking poles are a useful aid to balance. | L |
|  | Stream crossings | M | Briefing to include waiting for others at streams, making decision together, if unsure not to cross but find more amenable place to cross. | L |
|  | Lightning strike | L | Follow advice and guidance given on the RoSPA website at <https://www.rospa.com/leisure-safety/advice/lightning> If caught in lightening and there’s no shelter follow the RoSPA website guidance for this scenario: ‘*If you are exposed to the elements with nowhere to shelter, make yourself as small a target as possible by crouching down with your feet together, hands on knees and your head tucked in. This technique keeps as much of you off the ground as possible.*’ |  |
|  | Accidents | L | Emergency procedures - participants are recommended to watch:<https://www.thebmc.co.uk/emergency-procedures-for-hill-walking> (3min 42sec)<https://www.thebmc.co.uk/emergency-packing-for-hill-walking> (2min 33sec)Participants must carry a first aid kit.Carry a mobile phone. If walking in areas with poor mobile phone reception, the leader should be aware of the nearest locality where mobile reception can be found to ensure emergency services can be contacted as quickly as possible. For Cader Idris, Helvellyn and Ben Lomond mobile reception is shown at <https://threepeakstrial.wixsite.com/mobile-phone-info> | L |
|  | Health and fitness | L | Walkers are warned that it is a highly challenging walk. | L |
|  | Disease hazards | L | Lyme Disease and Tetanus have been identified as diseases that could occur. Other infections are possible, but rare and the control measures given will also control these. Lyme Disease is transmitted by infected farm animal ticks. Tetanus can occur if an open wound is infected on farmland.* Advise of the causes of these diseases (ticks and open wounds).
* Advise that arms and legs should be covered to prevent ticks access to skin.
* Any ticks found should be carefully removed, including their heads, and medical attention sought.
* Inoculation against tetanus is advised.

If there has been any likelihood of contamination of an open wound in farmland and the person hasn’t got an up-to-date tetanus inoculation, medical attention is advised. | L |
|  | Third Party Property |  | Walkers are aware of the Countryside Code (shown at the end of this table). Also the detailed Countryside Code at the UK Government website:<https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/897289/countryside-code-leaflet.pdf> |  |
|  | Falls from height |  | Walkers are aware they must stay on public rights of way, away from any steep drops.  |  |
| Add any other risks you think of below: |
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