

Mourne Ramblers Group – Generic Risk Assessment (Tick as appropriate)

Walk Venue (starting point)
Risk Ratings; High, Medium, Low

Walk Leader
Date

All leaders must have a fully charged mobile phone, first aid kit, map, compass, emergency numbers, accident sheet and pen. Leaders should also consider carrying a fully charged power pack.

Members should inform leader about any relevant medical conditions beforehand or if feeling unwell during the walk.

Identified Risk	Control Measures in place to reduce risk	Risk Rating	Managed Risk Rating	Tick those that apply
Group Getting Lost or individuals from group Getting Lost	<p>Leader to provide briefing to group on importance of sticking together and not getting too far ahead or wandering off.</p> <p>Designate a backmarker & hold regular headcounts. For larger groups (15+) also appoint a mid-marker to assist with group management especially during poor visibility/adverse weather and when crossing difficult terrain. Leader to maintain regular contact with markers</p> <p>Leaders must have a proper map of route, compass, torch and fully charged mobile phone.</p> <p>Leaders should brief one another on their intended routes for the day</p>	High	Low	
Member leaves group before the end - risk of getting lost or injured	<p>Member to inform the leader of wishes.</p> <p>Leader to check that member knows the way back. Check if someone is prepared to accompany them</p> <p>Member informs leader that they have returned safely</p>	High	Low	
Injury due to slips, trips or falls	<p>Appropriate footwear must be worn by all members. Refuse participation to anyone not wearing proper hillwalking boots</p> <p>High risk areas to be identified by leader in initial briefing and throughout, where necessary. Avoid cliff edges.</p> <p>Leader must have first aid kit and fully charged mobile phone.</p>	High	Medium to Low	
Darkness	<p>Leader must carry torch with spare batteries. During winter months all members should carry torches. Contingency plans should be made to cut short the walk if returning in darkness is likely.</p>	High	Low	
Livestock (horses/cattle) agitation causing injury to members	<p>Be aware of potential for livestock on route.</p> <p>Avoid livestock if possible. If necessary, deviate from planned route. Never attempt to try to force animals to move.</p>	High	Low	
Drowning	<p>Avoid access to deep water</p>	High	Low	
Dehydration loss of energy	<p>Remind members of need to have adequate water and food for the walk & to drink and eat throughout day</p>	High	Low	

Walking along roads or crossing roads	Members to obey leaders instructions. Walk in single file behind leader on right hand side of the road. Members to shout out warnings of approaching traffic or animals. Similarly when crossing roads on route, obey leaders instructions and monitor for oncoming traffic before crossing.	High	Low	
Stiles, gates, bridges, streams and ditches	Leader to warn group of known hazards such as broken, slippery or wobbly stiles. Only climb a gate with permission of leader and then do so at hinged end. Assist less able walkers where necessary. When crossing streams and ditches use the route agreed with the leader.	High	Low	
Dry Stone Walls	Avoid climbing over dry stone walls. Where no other option is available, only do so after assessment of best crossing point by leader.			
Weather Related Risks				
Soaking, cold & hypothermia	Assess weather forecast when planning route. Reassess on the day and be prepared to cancel or cut short the walk if necessary Be ready to refuse participation by members inadequately attired.	High	Low	
Gales or very strong winds	Assess weather forecast when planning route. Reassess on the day and be prepared to cancel or cut short or alter the walk if necessary. Avoid summits, ridges and cliff edges	High	Low	
Sunburn, heat exhaustion or heat stroke	Assess weather forecast when planning route. Reassess on the day and be prepared to cancel or cut short or alter the walk if necessary. Ensure members have adequate clothing especially hats/caps plus source of food/drink Remind participants of the importance of sun protection including use of sun creams.	High	Low	
Lightning strike	Assess weather forecast when planning route. Reassess on the day and be prepared to cancel or cut short or alter the walk if necessary. Alter route to avoid high places, open fields, isolated trees/poles/towers. If thunder is heard get off high ground ASAP	High	Medium	
Other Risks (specify)				
Covid 19	Leaders and members to strictly observe latest government guidance and MRG advice, e.g., on numbers participating, hand hygiene, social distancing etc..	High	Low	

Template amended May 2024– to be reviewed annually by Committee.