

Hazards

Your practice walk is a good chance to make note of any hazards and actions you are taking to manage the risks- remember, things can change on the day too! Refer to the risk assessment templates for Urban walking and Walking in the countryside which outlines some common hazards and steps you can take to manage the potential risks.



[Click here](#) for the Urban Walk Risk Assessment Template.

[Click here](#) for the Walking in the Countryside Risk Assessment Template.

You can use these templates as a starting point to think about your specific walk and add any additional hazards you identify on your practice walk- for example, if there's a road crossing on your walk, or if the weather has made one spot particularly tricky. It is usually good practice to keep a record of your risk assessment for each walk- speak with your insurers on best practice and advice on this.

As you plan your walk, you should take precautions to manage any risks you identify. You can practice this in the activity below:

“A risk assessment helps me to create more enjoyable walks, by recording any potential issues that may arise and how to avoid them.”



Match the action you would take to the potential risk you are aiming to avoid.



Risk

Slips, trips and falls

Losing a member of the group

Collision with a vehicle

Being stranded

Damage caused by escaped livestock

Precaution

Leave gates as you find them

Check for safe crossing places

Plan an alternative route

Check for slippery sections on your practice walk

Appoint a backmarker and take a regular headcount

Answer for Hazards exercise

