

Risk Assessment (Two Part) Event Sponsored Walk, in aid of St Patrick's Mission Charity One Peak Challenge

Date Saturday 3rd July 2021

Start Time hrs. Estimated Finish Time 2.5-3 hours.

Location / Route - Whernside from Ribbleshead Viaduct

Assessment carried out by

Date of Assessment

What are the Hazards	Who Might be harmed and how?	What are we doing to minimise risk?	Do we need to do anything else to manage risk?	Action by whom	Action by when	Done
Risk of Infection by Covid 19 High/Medium	Everyone at risk of Contracting Virus	<ul style="list-style-type: none"> To adhere to current Government Guidelines on social distancing and the use of PPE pertaining at the time this walk takes place All participants to be contacted by email prior to event and to be asked to notify if they have any symptoms/declare any reasons they should not be on the walk First Aiders to confirm that they will be willing to provide first aid in an emergency. Prior to event all first aiders will be made aware of updated CPR Guidelines here https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk 	Strong leadership is essential as the group will be reliant on leaders for guidance. This document contains current best advice for guidance. Walk Leaders will still need to use their own judgement in carrying out dynamic risk assessments, whilst being flexible and adaptable to cater for any unforeseen circumstances. <ul style="list-style-type: none"> All to be asked immediately prior to the walk if they are fit and well and anyone having any symptoms to declare them. Walkers to be briefed immediately before the walk as to social distancing guidelines and precautions outlined in this document. All participants advised to travel to event by car. No shared transport by non-family members. The group needs to self-distance in single file on narrow paths and side by side on wide tracks as necessary. When approaching a stile or a gate the leader needs to 	McC Campbell		

		<p>statement-covid-19</p> <ul style="list-style-type: none"> • Face masks, gloves, aprons and eye protection must be added to leaders' first aid kits • The leaders should administer first aid if necessary whilst giving advice where possible to maintain physical distancing and minimising the sharing of a breathing area. Face coverings, gloves, aprons and eye protection must be used and then separately bagged and disposed of with waste. • It is unlikely to be possible to assist someone off the hills who has been injured, whilst maintaining 2 m distancing. However, the priority is to preserve life. • When assisting someone down a steep slope or crumbling path do so, where possible, with verbal advice or instructions, the comfort of a security rope, or physical assistance whilst minimising contact and the sharing of a breathing space. • Leaders could consider carrying a short length of rope known as a security rope or climbing sling 	<p>announce this clearly to all participants.</p> <ul style="list-style-type: none"> • After going over a stile or through a gate, the first through need to walk ahead and stop several metres beyond so that the rest can join them with spacing being maintained. • When the leader stops to look at the map/device, he/she should give fair warning so that the group can form a 'supermarket' queue. The group must remain alert to this. • The group needs to be advised that IF there are navigation problems, they should not look over each other's shoulders to see where they are on the map to offer advice. • Obstructions such as brambles and nettles which need addressing by the leader are also a potential for bunching up, so leaders always need give loud clear notifications. • When sheltering from the rain groups cannot all 'huddle' under a tree. Physical Distancing must still be maintained. • There will be no sharing of kit (e.g. hats, gloves, masks) walking poles unless in an emergency. <p>Water stops and breaks:</p>			
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		<p>(usually only carried on high level tours by ML's) to offer physical assistance whilst minimising contact (holding rucksack from behind) and the sharing of a breathing space.</p> <ul style="list-style-type: none"> • In the event of an emergency such as a lower limb injury then do consider loan of a walking pole? • Always make use of face coverings, gloves if practicable and hand sanitiser • Physical contact and the sharing of a breathing area should be minimised. But if a Group shelter is essential to prevent hypothermia then keep numbers of people inside shelter to a minimum and only when wearing PPE. <p>Respiratory Hygiene and Cough Etiquette</p> <ul style="list-style-type: none"> • Practicing good respiratory hygiene reduces the risk of infection. • The mouth and nose should be covered with a single-use paper tissue when coughing or sneezing. The paper tissue should be hygienically disposed of as soon as possible. If paper tissues are not available, coughing into the elbow will reduce 	<ul style="list-style-type: none"> • A need for a well-spaced seating area is essential. • Group members must be regularly reminded to sanitise their hands before touching water bottles etc. • Discourage sharing of sanitisers, sweets, extra food etc is not permitted and needs to be watched. <p>During the walk:</p> <ul style="list-style-type: none"> • Tour leaders should discreetly monitor the apparent health and for any Covid-19 symptoms displayed by group participants, local guides or other service providers engaging with group members • Organisers should highlight the symptoms of Covid-19 to group participants and ask them to monitor their own health for symptoms of Covid-19 <p>For the safety and wellbeing of all group participants, should any group member who shows symptoms of Covid-19 be:</p> <ul style="list-style-type: none"> • Unwilling to isolate themselves from the group or agree to leave the walk. They will be excluded from further participation in the event. <p>Post Return</p> <ul style="list-style-type: none"> • All participants will be emailed and advised to contact the Organiser immediately should they have any symptoms/or be diagnosed with COVID19. • Participants/Organisers displaying 			
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		<p>the number of droplets in the surrounding air.</p> <ul style="list-style-type: none"> • Walk leaders will be required to practice and demonstrate high standards of respiratory hygiene and will highlight the importance of doing so to group participants. <p>Physical distancing</p> <ul style="list-style-type: none"> • Physical distancing reduces the likelihood of coming into physical contact with an infected individual or coming into contact with enough virus infected droplets in the air to develop Covid-19. • Crowded places should be avoided. Walk Leaders/Organisers will have the authority to make a dynamic risk assessment as to discontinue any activity if effective physical distancing is impossible and where alternative safety measures such as the use of face coverings or ventilation are inadequate. • Local regulations and public health advice on physical distancing should be followed. <p>Facemasks and face coverings</p> <ul style="list-style-type: none"> • Face coverings may be recommended or compulsory in 	<p>symptoms within 14 days of returning from the tour should follow the NHS Guidance https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works.</p> <p>If they test positive, they need to inform the organisers who will contact all relevant parties including the Public Health Authorities.</p> <ul style="list-style-type: none"> • Organisers will be required to collect personal contact details of all participants and hold this information for a period of three weeks after the event, in the event it is required by the Contact and Trace scheme. After three weeks the details will be deleted. <p>END OF WALK</p> <ul style="list-style-type: none"> • Further hand cleaning is recommended before using the car to return home. • At the end of a walk everybody needs to be reminded not to get too close at this point • If visiting local P.H. then comply with local distancing guidelines 			
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		<p>some destinations, public places or buildings or when providing food services.</p> <ul style="list-style-type: none"> Customers and tour leaders must comply with any local regulations or requirements that require the use of facemasks or face coverings in public, on transport or in designated locations. Facemasks or face coverings must be worn if you are displaying the symptoms of Covid-19 or if taking care of, or are in close contact with, someone with suspected or confirmed Covid-19. <p>Gloves</p> <ul style="list-style-type: none"> Single-use (disposable) gloves are recommended. Participants and Organisers must comply with any local regulations or requirements that require the use of gloves in public, on transport or in designated locations. 				
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Generic Walk Risk Assessment

What are the Hazards	Who Might be harmed and how?	What are we doing to minimise risk?	Do we need to do anything else to manage risk?	Action by whom	Action by when	Done
Slips and trips MEDIUM RISK	Walkers slipping due to uneven, slippery ground causing twisted ankles, muscle	Advice given on appropriate footwear and use of walking poles recommended in	At the start walkers will be briefed on key safety points then supplied with	M Campbell		

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	strains, back injuries.	briefing document. The route taken uses good paths where possible, these are being continually improved by the National Park Team. Advice is given to wear supportive footwear designed for hillwalking and use of walking poles. The walk having an experienced leader should help to ensure the safest routes are taken and walkers do not stray off the main route.	printed sheets showing the route of the walk. It will detail where any checkpoints are.			
Falls from height LOW RISK	Walkers falling from height due to uneven paths near to summit of peaks.	Follow route, which ascends NNW from Bruntscar avoiding the traditional route involving this section as a steep descent. Increase awareness of the participants of the hazard of steep slope on the right along summit ridge and initial short section of rocky steep descent of Whernside. Having support staff trained in First Aid available at each checkpoint can assist if injuries are sustained	Verbal briefing at start to highlight hazard of steep slope on the right along the summit ridge of Whernside. Advice to keep to the left and well away from edge Where serious injury has been sustained support staff will be able to contact Mountain Rescue and/or the emergency services for assistance. Vehicles will be on hand to transport people to base or to hospital if no Emergency service available.	M Campbell		
Exhaustion	Walkers becoming	Walkers are advised in advance	Verbal briefing at start	I		

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MEDIUM RISK	extremely tired towards the end of the challenge, not used to walking these distances, and losing concentration.	(via the website) to undertake training for this challenge in order to build up strength and stamina. Checkpoints will be available for walkers to take a rest, have food and drink and have any minor ailments attended by the support staff or to drop-out if they so wish.	Organisers to monitor walkers' condition at checkpoints. Organisers to assess walkers' fitness to continue at the start and retire any who are incapable of continuing or placing themselves or others at risk			
Dehydration MEDIUM RISK	Walkers becoming dehydrated through heavy physical exercise and a lack of water being taken. Headaches and general tiredness.	To address dehydration walkers are advised to take a suitable amount of water with them at the start and then further bottles will be available at the checkpoints. The weather forecast is monitored leading up to the event and further advice given to participants if extreme adverse weather is forecast. If necessary, the event will be postponed.	Verbal briefing at start to drink sufficiently Walkers must carry sufficient drinks to prevent de- hydration. Walkers are reminded to drink on the walk.	M Campbell		
Medical – blisters, foot/ankle injuries MEDIUM RISK	Rough terrain causing walkers to sustain blisters and foot injuries and exacerbating any medical problems	A medical declaration forms part of the registration process to be completed by all those entering the challenge, this asks for information to assist support staff and provide information to emergency services.	Marshalls first aid qualified. Checkpoints will not be available in 2020. We start and finish at Ribblehead viaduct. Carry with you sufficient water and food to sustain you en route,	M Starkey and V Loughney		

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		<p>Walkers advised to bring own minor first aid kit</p> <p>First aiders with first aid kits at checkpoints can assist with minor ailments and the emergency services can be summoned by support staff if necessary.</p>				
<p>Extreme weather</p> <p>LOW RISK</p>	<p>Extreme hot or cold/wet weather can result in walkers (and support staff) sustaining sunburn, dehydration, or exposure.</p>	<p>Organisers to check Mountain Weather Service forecast prior to event</p> <p>Advice given via the website on the importance of wearing the correct kind of clothing to combat the extreme weather conditions which can change very quickly. They are also advised to take several layers of clothing, sunblock, Vaseline, plasters, and painkillers.</p> <p>At the Registration Point any walkers considered to be ill equipped will be advised not to undertake the walk.</p>	<p>Final check of weather forecast</p> <p>Verbal reminder at briefing at start</p> <p>Organiser has discretion to cancel or curtail event in event of extreme weather</p>	M Campbell		
<p>Poor visibility</p> <p>MEDIUM RISK</p>	<p>Poor visibility causing walkers to stray from paths, become separated from their group and more vulnerable to injury through falls and slips.</p>	<p>Poor visibility can be caused by running out of daylight or by low cloud or mist/fog. The event and starting time have been arranged to maximise the availability of daylight hours and</p>	<p>The group leader will start the walk with the quicker walkers asked to set off in the lead and the final group consisting of the slowest walkers.</p>	M Campbell, M Starkey and V Loughney		

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		there will be information provided regarding local weather forecasts, it is not expected that walkers will take in excess of 6 hours to complete the challenge therefore minimising the risk of running out of daylight. Leaders will be asked to make decisions in conjunction with support staff as to the viability of proceeding with the walk if visibility (or weather conditions generally) become problematic, participants can opt to drop-out at any checkpoint.	The final group will contain a sweeper /back marker wearing hi viz tabard who monitors, supports and assists any 'stragglers. The sweeper will consult with the support staff at each checkpoint to ensure all participants are accounted for.			
Traffic/Train Hazards LOW RISK	Walkers advised to exercise caution, single file, walk facing oncoming traffic	Walkers are advised to exercise caution when walking on roadsides or over railway lines.	It is recommended that walkers are reminded at briefing of road safety and good practice when walking on or crossing roads.	M Campbell		
Minibus/Cars Road Traffic Accident LOW RISK	Driver to hold relevant licence to drive Driver and passengers to wear seat belts	Driver to remind passengers to wear seat belts Bags to be stored in boot and not block aisles		M Campbell		

Post event Walkers, members of the public – risk of spreading COVID-19

• For gatherings in England between 17 May and 21 June, up to 6 individuals may sit together indoors and groups of up to 30 can be together outdoors whilst maintaining a distance of 2m apart where possible. All participants should follow the any public houses physical distancing and seating protocols.

Remind anyone who develops symptoms within 48 hours of the walk to apply for a COVID-19 test, and to support NHS contact tracing if requested

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- Should participants test positive we ask that they inform the organisers and we will inform all other relevant parties including public health authorities.
- We will maintain a list of all participants contact details for a period of 21 days after the charity event, after which it will be disposed of. (see appendix 1)

From 17 May it will be a requirement for all individuals entering any venue to register as an individual via the NHS Track & Trace App. Participants intending to seek refreshments should ensure they have this downloaded and be familiar with it to avoid disappointment and to assist all participants to ensure a smooth entry into any hospitality venue. <https://www.nhs.uk/apps-library/nhs-covid-19>

Walk register

- We must keep a record of everyone on the walk, in case this is needed for NHS contact tracing.
- Don't collect more information than you need – just names and a contact phone number.
- You must only use the information if requested by NHS contact tracers – don't share the list with anyone else.
- Let walkers know why you are collecting the information and encourage them to support NHS contact tracing by providing their details.
- Keep the list securely and destroy it after 21 days.

Review and further updates. With government rules and advice likely to evolve as restrictions change, we will continue to monitor developments and update our guidance to all participants to ensure that it remains in line with current government regulations and industry good practice.

- You must only use the information if requested by NHS contact tracers – don't share the list with anyone else.
- Let walkers know why you are collecting the information and encourage them to support NHS contact tracing by providing their details.
- Keep the list securely and destroy it after 21 days.

Review and further updates. With government rules and advice likely to evolve as restrictions change, we will continue to monitor developments and update our guidance to all participants to ensure that it remains in line with current government regulations and industry good practice

Further Covid-19 Safety Precautions for participants

Thank you for supporting our Charity.

Before the event, please take a moment to read the following advice and information relating to enhanced hygiene procedures and additional precautions we will be taking to ensure that you and your walking companions can have a safe and enjoyable day.

- First, should you or anyone in your household display any of the **symptoms of coronavirus** during the two weeks leading up to the walk date (1/8/20), please contact us without delay and **do not travel** to the event.
- In addition if you live in an area (or have been in close contact with anybody from an area) that has been defined as a hot spot for COVID19 (e.g. Leicester) we also ask that you contact us immediately and again please **do not travel** to the event.

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- On arrival and before commencing the walk will also ask you to re-confirm that neither you or your household have experienced coronavirus symptoms.

For the personal safety of all involved

- Please ensure that you have in your possession your own facemask or a face covering to minimise the risk of transmission. *This could be necessary if you need to be treated by a first aider or cannot maintain social distancing for some reason.*
- Please also bring your own hand sanitiser for outdoor use. Gloves are also recommended.
- We strongly recommend that you do not share transport to the event with anyone other than family members.

Toilet facilities will not be available before registration or during the walk.

- Please take extra care to undertake enhanced hygiene measures during the day as, use of the sanitising gel dispensers and the use of face coverings where safe distancing is not possible. Use of disinfecting wipes is also advisable.
- Please be aware there may be limited availability of mountain rescue services. Therefore, an increased degree of self-reliance is necessary. Walkers should carry their own first aid kits, and an emergency plastic or foil survival bivvy bag
- Our First Aider(s) will be on hand to assist you during walks and where necessary provide first aid but will observe social distancing where reasonably possible and we ask that you respect the guidance provided.
- When walking as a group, whenever possible please ensure that you maintain at least 1m between you and your walking companions.
- Should you experience any symptoms of the coronavirus during the walk, please notify one of the Guides or First Aiders without delay. In such circumstances and where practicable or safe to do so we will require you to return home as soon as possible. You should then follow Government Guidelines and inform the authorities.
- In the two weeks after the event should you experience any symptoms of the Coronavirus please follow Government Guidelines and inform the authorities. Details of all participants will be held by the organisers should they be necessary for track and trace.

General Health & Safety

- You have a responsibility for your own safety and any minors in your party.
- Make sure you have plenty of water to keep yourself hydrated and snacks to keep yourself well fuelled throughout the day.
- If you injure yourself, inform your walk leader who will take the necessary action.
- First aiders will be present throughout the walk.
- Walkers will be split up into small groups
- If you need to move groups (either move forward or drop back) that is fine. Please let your walk leader know and they can introduce you to the other relevant leader.
- We will be walking in upland mountainous terrain which is quite uneven and rocky at times. You should wear correct footwear, which is walking boots or walking shoes. Trainers with a good tread are acceptable but you may get wet feet.
- It is recommended that you have worn your walking boots a few times before completing the walk.
- We recommend that you complete practice walks as training. It is recommended that all walkers (if they can) complete at least a few lengthy walks in preparation.
- You should carry your own small personal first aid kit If you feel you may develop blisters bring some proprietaries blister plasters such as Compeed.
- If it is forecast a hot day, please bring sun cream and a sun hat.

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- *As this is upland terrain and the weather can be unpredictable (yes even in August) we strongly recommend that you have a waterproof jacket/overtrousers. It can be much colder on the top of the hill so we advise you also carry, warm hat and gloves, plus a spare warm layer and some emergency rations such as chocolate or energy bars. **Bear in mind IF you were unfortunate enough to be injured you could be waiting up to 2 hours or longer for Mountain Rescue assistance.***

General Information

We are walking up Whernside, the highest of the three Yorkshire Peaks. Our route will ascend the steepest face which is the safest route as it avoids having to walk down this hill removing a risk of slips trips and falls.

Any pets you bring are your responsibility. Please keep them on a lead or under very close control and close by you at all times and be aware of livestock.

Please take pictures during the day and upload them to social media (Instagram and Facebook) and use the hashtag #saintsgomarchingpeaks. You can also tag @StPioFriary (on Facebook). Please direct people towards a just giving page if they would like to sponsor you.

Please be safe and enjoy the challenge!

Appendix 1.

Walk Details List

Retain for 21 days and then destroy

Organiser	Walk	Date

List of Walkers

	Name	Contact phone number
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Risk Assessment

Event Sponsored Walk in aid of St Patricks Charity Event

Date Saturday 7th August 2021

Start Time 0630 hrs. Estimated Finish Time 1900hrs.

Location / Route - Yorkshire Three Peaks from Horton in Ribblesdale

Assessment carried out by Matt Campbell

Date of Assessment

What are the Hazards	Who Might be harmed and how	What are we doing to minimise risk	Do we need to do anything else to manage risk	Action by whom	Action by when	Done
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ST PATRICK'S MISSION

Slips and trips MEDIUM RISK	Walkers slipping due to uneven, slippery ground causing twisted ankles, muscle strains, back injuries.	Advice given on appropriate footwear and use of walking poles recommended in briefing document. The route taken uses good paths where possible, these are being continually improved by the National Park Team. Advice is given to wear supportive footwear designed for hillwalking and Use of walking poles. The walk having an experienced leader should help to ensure the safest routes are taken and walkers do not stray off the main route.	At the start walkers will be briefed on key safety points then supplied with printed sheets showing the route of the walk. It will detail where the checkpoints are and highlight the location of the new route to avoid the boggy area.	Matt Campbell Organiser		
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What are the Hazards	Who Might be harmed and how	What are we doing to minimise risk	Do we need to do anything else to manage risk	Action by whom	Action by when	Done
Falls from height LOW RISK	Walkers falling from height due to uneven paths near to summit of peaks.	Follow official route. Increase awareness of the participants of the hazards near summit of Pen-y-ghent and on descent of Whernside. Having support staff trained in First Aid available at each checkpoint can assist if injuries are sustained. Where serious injury has been sustained support staff will be able to contact Mountain Rescue and/or the emergency services for assistance. Vehicles will be on hand to transport people to base or to hospital if necessary.	Verbal briefing at start to highlight hazard of rocky section prior to summit of Pen-y-ghent. Advice to proceed slowly and use hands for balance.	M Campbell		



ST PATRICK'S MISSION

Exhaustion MEDIUM RISK	Walkers becoming extremely tired towards the end of the challenge, not used to walking these distances, and losing concentration.	Walkers are advised in advance (via the website) to undertake training for this challenge in order to build up strength and stamina. 3 Checkpoints will be available for walkers to take a rest, have food and drink and have any minor ailments attended by the support staff or to drop-out if they so wish.	Verbal briefing at start Organisers to monitor walkers condition at checkpoints. Organisers to assess walkers fitness to continue at the final checkpoint and retire any who are injured , incapable of continuing or placing themselves or others at risk	M Campbell		
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What are the Hazards	Who Might be harmed and how	What are we doing to minimise risk	Do we need to do anything else to manage risk	Action by whom	Action by when	Done
Dehydration MEDIUM RISK	Walkers becoming dehydrated through heavy physical exercise and a lack of water being taken. Headaches and general tiredness.	To address dehydration walkers are advised to take a suitable amount of water with them at the start and then further bottles will be available at the checkpoints. The weather forecast is monitored leading up to the event and further advice given to participants if extreme adverse weather is forecast. If necessary, the event will be postponed.	Verbal briefing at start to drink Sufficiently Drinks provided at checkpoints Walkers to be reminded to drink at checkpoints	M Campbell		



ST PATRICK'S MISSION

Medical – blisters, foot/ankle injuries MEDIUM RISK	Rough terrain causing walkers to sustain blisters and foot injuries and exacerbating any medical problems	A medical declaration forms part of the registration process to be completed by all those entering the challenge, this asks for information to assist support staff and provide information to emergency services. Walkers advised to bring own minor first aid kit First aiders with first aid kits at checkpoints can assist with minor ailments and the emergency services can be summoned by support staff if necessary.	Marshalls first aid qualified. Checkpoints will be easily identifiable with liveried vehicles. The walkers will be able to sit down and rest and there will be a first aider in attendance. First aid supplies, water, food and extra clothing and thermal blankets will be available as will sun bloc if necessary.	M Campbell		
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What are the Hazards	Who Might be harmed and how	What are we doing to minimise risk	Do we need to do anything else to manage risk	Action by whom	Action by when	Done
Extreme weather LOW RISK	Extreme hot or cold/wet weather can result in walkers (and support staff) sustaining sunburn, dehydration, or exposure.	Organisers to check Mountain Weather Service forecast prior to event Advice given via the website on the importance of wearing the correct kind of clothing to combat the extreme weather conditions which can change very quickly. They are also advised to take a number of layers of clothing, sunblock, Vaseline, plasters, and painkillers. At the Registration Point any walkers considered to be ill equipped will be advised not to undertake the walk.	<ul style="list-style-type: none"> Final check of weather forecast Verbal reminder at briefing at start Organiser has discretion to cancel or curtail event in event of extreme weather 	M Campbell		

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ST PATRICK'S MISSION

Poor visibility MEDIUM RISK	Poor visibility causing walkers to stray from paths, become separated from their group and more vulnerable to injury through falls and slips.	Poor visibility can be caused by running out of daylight or by low cloud or mist/fog. The event and starting time have been arranged to maximise the availability of daylight hours and there will be information provided regarding local weather forecasts, it is not expected that walkers will take in excess of 12 hours to complete the challenge therefore minimising the risk of running out of daylight. Leaders will be asked to make decisions in conjunction with support staff as to the viability of proceeding with the walk if visibility (or weather conditions generally) become problematic, participants can opt to drop-out at any checkpoint.	The group leader will start the walk with the quicker walkers asked to set off in the lead and the final group consisting of the slowest walkers. The final group will contain a sweeper /back marker wearing hi viz tabard who monitors, supports and assists any 'stragglers'. The sweeper will consult with the support staff at each checkpoint to ensure all participants are accounted for.	M Campbell		
Traffic/Train Hazards LOW RISK	Walkers advised to exercise caution, single file, walk facing oncoming traffic	Walkers are advised to exercise caution when walking on roadsides or over railway lines.	It is recommended that walkers are reminded at briefing of road safety and good practice when walking on roads this particularly applies at Grid Reference: 777781 where walkers emerge onto a narrow winding section of road.	M Campbell		
Mini Bus Road Traffic Accident LOW RISK	Driver to hold relevant licence to drive Driver and passengers to wear seat belts	Driver to remind passengers to wear seat belts		M Campbell		

What are the Hazards	Who Might be harmed and how	What are we doing to minimise risk	Do we need to do anything else to manage risk	Action by whom	Action by when	Done
<p>Transmission of COVID-19 through close contact / meeting other people.</p> <p>High Risk</p>	<p>Walkers, members of the public – risk of spreading COVID-19</p>	<p>This document is based upon the latest UK Government COVID-19 guidance – in particular, ‘Grassroots sport guidance for the public and sports providers’ which was provided by the UK Government on 23 March 2021; in Wales, ‘Sport, recreation and leisure: guidance for a phased return, which was updated on 22 December 2020</p> <p>Prior to the event all participants will have been contacted to ask them to:</p> <ul style="list-style-type: none"> ➤ declare if they are showing any symptoms of Covid-19 ➤ notify us if there are any other reasons relating to Covid-19 they should not be on the walk. <p>Organisers/Guides/Marshalls/First Aiders and participants are to declare if they exhibit any symptoms of Covid-19 in advance of the Walk.</p> <p>In line with the Government’s guidance, we have not made it a requirement to be fully vaccinated to participate in our activity, although we expect some of our participants will have been.</p>	<p>Participants will be notified of any known significant changes to the advertised walk programme/arrangements because of Covid-19 restrictions.</p> <p>Advise walkers at the start of the walk to maintain physical distancing, and what to do at any pinch points or road crossings – this is everyone’s responsibility.</p> <p>Carry a face covering in case of incidents.</p> <p>Walkers need to be advised and reminded of guidelines on distancing and agree to m.</p> <p>The Organiser(s) should question the group about their health before setting off.</p> <p>If a Walker feels unwell with Covid-19 symptoms but still wants to walk the Organisers must ask them to return to their vehicle and not participate in the event.</p> <p>Walkers should be advised that if they receive a message from somebody they have been in close physical contact with during the last 14 days advising that they</p>	<p>M Campbell</p>		



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		<ul style="list-style-type: none">• Avoid particularly busy or narrow routes where physical distancing is not possible.• Give clear information about limiting the group size in line with government guidance.• Remind walkers beforehand about the guidelines, including on travel & transport	<p>have tested positive for the virus they must notify the Organisers immediately.</p> <ul style="list-style-type: none">• Organisers ensure they have a record of who attended the walk, for contact tracing. List to be retained for 28 days.			
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What are the Hazards	Who Might be harmed and how	What are we doing to minimise risk	Do we need to do anything else to manage risk	Action by whom	Action by when	Done
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<p>Transmission of COVID-19 through touching gates, stiles, fences or equipment</p> <p>Low/Medium risk</p> <p>Transmission of COVID-19 through contact through use of transport fences or equipment</p> <p>High Risk</p>	<p>Walkers, members of the public – risk of spreading COVID-19</p>	<p>Avoid touching gates and path furniture where possible.</p> <p>Suggest walkers bring hand sanitiser.</p> <p>Persons travelling in organised groups: Attention should be paid to the advice of the driver when boarding, travelling, and disembarking any mini-bus vehicles to comply with social distancing guidelines and wearing of masks.</p> <p>Face coverings should be always worn whilst on shared transport and, where possible, any windows opened to promote good ventilation.</p> <p>Car sharing to travel to and from the event by non-family members or persons in support bubbles is not advisable.</p>	<p>At briefing advise walkers not to share food, drink or equipment such as walking poles</p>	<p>M Campbell</p>			
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ST PATRICK'S MISSION

What are the Hazards	Who Might be harmed and how	What are we doing to minimise risk	Do we need to do anything else to manage risk	Action by whom	Action by when	Done
<p>Transmission of COVID-19 through application of First Aid</p> <p>High Risk</p>	<p>Walkers, members of the public – risk of spreading COVID-19</p>	<p>Face masks, gloves, eye protection and a bag for disposed items must be added to First Aiders/Guides/Marshalls' first aid kits. (For portability, swimming goggles may provide a more practical form of eye protection than a face visor)</p> <p>It should be noted that support from mountain rescue services is likely to be limited. Please be aware that during the walk their assistance cannot be relied upon.</p> <p>Where possible, first aid advice may be given from a safe distance to maintain physical distancing and minimising the sharing of a breathing area.</p> <p>Face coverings, gloves and eye protection must be used and then separately bagged and disposed of as waste.</p> <p>It is unlikely to be possible to assist someone who has been injured in a remote outdoor location, whilst maintaining a physical distance of 2 metres. However, the overriding priority is to preserve life.</p> <p>When assisting someone down a steep slope or crumbling path do so, where possible, with advice or instructions, the comfort of a security rope, or physical assistance whilst</p>	<p>More information on first aid procedures (CPR) in light of the current Covid-19 pandemic is available at: https://www.resus.org.uk/covid-19-resources/covid-19-resources-generalpublic/resuscitation-council-uk-statement-covid-19</p> <p>The Organisers have an enhanced duty of care to all taking part in this event, it is essential that all Marshalls/Guides and First aiders involved in this event are prepared to provide necessary first aid to group participants in distress. Should such a person not be prepared to offer first aid to participants, they should notify the organisers without delay and withdraw from the voluntary role on this event</p> <p>Walkers should pay attention to:</p> <p>Good hand hygiene</p> <p>Respiratory hygiene (using a face covering where appropriate or compulsory)</p>	<p>M Campbell</p>		



		<p>minimising contact and the sharing of a breathing space.</p> <ul style="list-style-type: none"> • Marshalls/Guides/Organisers could consider carrying a short length of rope (known as a security rope and usually only carried on high level walks) or providing physical assistance whilst minimising physical contact (such as by holding rucksack from behind) and the sharing of a breathing space. • In the event of an emergency during the walk, such as a lower limb injury then the Marshall/Guide/Organiser should consider the loan of a walking pole to facilitate the casualty to self-evacuate on foot where safe and practicable. • Always make use of face coverings, gloves, and eye protection if practicable and hand sanitiser 	<p>Cough etiquette (using single use tissues or coughing into the elbow)</p> <p>Physical distancing</p> <p>Use of single-use gloves where appropriate</p> <p>Organisers/Marshalls/Guides should discreetly monitor the apparent health and any Covid-19 symptoms displayed by group participants</p> <p>Organisers/Marshalls should highlight the symptoms of Covid-19 to group participants and ask them to monitor their own health for symptoms of Covid-19 Group members exhibiting symptoms. In the event of a group member displaying the symptoms of Covid-19 the tour Organisers should:</p> <p>Require the individual to isolate themselves from the group as soon as safe and practicable</p> <p>If the individual displaying symptoms is well enough to return home by private transport they should do so. Public transport should not be used.</p> <p>Record details of when the individual(s) appeared unwell</p>			
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			Maintain records of all actions			
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What are the Hazards	Who Might be harmed and how	What are we doing to minimise risk	Do we need to do anything else to manage risk	Action by whom	Action by when	Done
<p>Transmission of COVID-19 through social activity post walk such as Refreshments at the end of the Walk</p> <p>Medium risk</p> <p>Post event</p>	<p>Walkers, members of the public – risk of spreading COVID-19</p>	<ul style="list-style-type: none"> For gatherings in England between 17 May and 21 June, up to 6 individuals may sit together indoors and groups of up to 30 can be together outdoors whilst maintaining a distance of 2m apart where possible. <p>All participants should follow the any public houses physical distancing and seating protocols.</p> <p>Remind anyone who develops symptoms within 48 hours of the walk to apply for a COVID-19 test, and to support NHS contact tracing if requested</p> <ul style="list-style-type: none"> Should participants test positive we ask that they inform the organisers and we 	<p>From 17 May it will be a requirement for all individuals entering any venue to register as an individual via the NHS Track & Trace App. Participants intending to seek refreshments should ensure they have this downloaded and be familiar with it to avoid disappointment and to assist all participants to ensure a smooth entry into any hospitality venue. https://www.nhs.uk/apps-library/nhs-covid-19</p> <p>Walk register</p> <ul style="list-style-type: none"> We must keep a record of everyone on the walk, in case this is needed for NHS contact tracing. Don't collect more information than you need – just names and a contact phone number. 	<p>M Campbell</p>		



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		<p>will inform all other relevant parties including public health authorities.</p> <ul style="list-style-type: none">• We will maintain a list of all participants contact details for a period of 21 days after the charity event, after which it will be disposed of. (see appendix 1)	<ul style="list-style-type: none">• You must only use the information if requested by NHS contact tracers – don't share the list with anyone else.• Let walkers know why you are collecting the information and encourage them to support NHS contact tracing by providing their details.• Keep the list securely and destroy it after 21 days. <p>Review and further updates. With government rules and advice likely to evolve as restrictions change, we will continue to monitor developments and update our guidance to all participants to ensure that it remains in line with current government regulations and industry good practice</p>			

Appendix 1

Walk Details List

Retain for 21 days and then destroy

Organiser	Walk	Date

List of Walkers

	Name	Contact phone number
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