

# **ACTIVITY IN RETIREMENT (AIR) RISK ASSESSMENT**

## **Walking Activities (Amblers, Ramblers, Walkers)**

A reasonable level of fitness is required by participants, which is commensurate with the level of the activity undertaken.

All walks follow public footpaths, public rights of way or public roads. Conditions under foot can vary considerably. Dangerous or precipitous conditions are avoided at all times. Gates are used where possible to avoid the necessity of climbing stiles, when negotiating fences, walls and hedges.

In order to minimise risk the following guidelines must be followed:

New members should be issued with a copy of this AIR Risk Assessment Walking Activities (Amblers, Ramblers, Walkers). This gives details of safe walking practices.

Each new member must be given information about the ability and fitness level required to participate. The leader has the right to refuse to include anyone, who is considered to be unable to complete the walk safely.

The walk leader will first try out the walk to ensure that it is suitable for the group. The walk must be of the right length and difficulty to suit the ability level of the group and participants.

The walk must be chosen with regard to the weather on the day of the walk and with regard to the ground conditions prevailing due to the weather during the previous weeks.

During each walk the leader must count the number in the group at the beginning of the walk, again periodically during the walk and finally at the end of the walk. It is good practice and advisable for a back marker to be appointed to ensure that the whole of the group is in front of them at all times.

When walkers go out of sight of the person following them, they must ensure that the person following them sees where they have gone before they continue. The leader must set the pace to suit the slowest walker, stop occasionally to prevent the group becoming too strung out and allow the slowest walker to catch up.

If a participant feels unable to complete the walk, another person must be chosen to accompany them. If they are unable to make the walk back, a car must be brought to the nearest place to the walker. Walkers should bring a mobile phone, if they have one.

Members are generally discouraged from taking dogs on the walks as they can create problems near livestock. However, after careful consideration of the size of the group and the location of the walk, leaders may allow dogs to accompany their owners provided the dogs are kept on a lead and are strictly controlled.

**Risk assessment and guidance reviewed by Anthony Glynn 09.08.25**