

# Naturist Ramblers Club - Risk Assessment

**This is generic risk assessment for:**

**Overall and final responsibility for health and safety is that of:**

**Day-to-day responsibility for ensuring this policy is put into practice is delegated to:**

The Naturist Ramblers Club

Executive Committee

Walk Leaders

What are the hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to manage this risk?	Action by whom?
Terrain	Walkers may be injured through falls on sloping or wet ground, or through tripping over stumps, tree roots, and holes	The Walks Programme and website contain information relating to the type of terrain that is likely to be expected on each walk. During the pre-walk briefing by the walk leader will outline any changes likely to be experienced. Assess this hazard as the walk progresses and communicate with walkers.		<i>Walk Leader</i>
Weather conditions	Walkers may be put at risk by extreme weather conditions including heat, cold, strong sunlight, heavy winds, etc	During the pre-walk briefing the walk leader will remind walkers of specific risks. Advise use of suitable protection e.g. drinking water, sun-screen, hats, etc. Ensure that adequate rest-breaks are taken commensurate with conditions. A safety blanket is included in first aid kit.	Choose to shorten or reroute the walk if conditions deteriorate	<i>Walk Leader</i>
Biological hazards	Walkers may suffer stings, bites or allergic reactions through contact with plants and animals along the route. Also a risk of infections from animal faeces, urine and groundwater.	At the pre-walk briefing the walk leader will remind walkers of specific risks for location / season. For example: ticks, horseflies, brambles and nettles, umbelliferous plants, possible poisonous plants, fungi, and pollen levels at start-of-day briefing session. Tick removal tool included in first aid kit. Suggest use of insect repellents, antihistamine.		<i>Walk Leader</i>
Forestry and agricultural activities	Walkers may suffer injury from operational machinery, falling trees, chemical over-spray, etc Walkers should also be aware of wind-blown dust from harvesting equipment.	Always heed safety signage and directions from operatives when passing by any active work sites. Note direction of wind when approaching agricultural spraying or harvesting and reroute if necessary. Do not permit walkers to climb or sit on forestry log stacks or farm machinery.	Reroute walk if necessary to avoid hazardous work operations.	<i>Walk Leader</i>
Falling trees and branches	Walkers may be injured by falling trees or branches, either as a result of work operations or spontaneous collapse of dead or diseased trees.	Walk leader to check for overhead hazards as the walk proceeds and communicate with the walkers. Particularly applies when weather is windy.		<i>Walk Leader</i>
Animals	Injuries may be caused by contact with horses or large farm animals.	Always give way to horse-riders, standing well clear of the track if safe to do so. Avoid unnecessary disturbance to farm animals. Walkers with dogs to keep them on short leads in the presence of farm animals.		<i>Walk Leader</i>

		Walkers' dogs must be under close control if horses / farm animals are encountered. Also dogs not permitted on walks where it is known that large numbers of farm animals might be encountered. On such walks, this is indicated in the Walks Programme.		
Gates, stiles, fences and footbridges	Walkers may be cut by barbed wire, shocked by electric fences, sustain injury crossing poorly maintained infrastructure. This includes railway level crossings and cattle grids.	Specific risks to be pointed out to walkers as encountered. If necessary, individuals to be offered appropriate assistance. Always assume electric fences are switched ON. Ensure that every gate is left as it was found. Stiles in particular can be in a poor state of repair (missing or loose steps for example). In such locations, this will be brought to the attention of walkers.		<i>Walk Leader</i>
Public roads	Walkers and road users while crossing or following public road. Poor sight-lines on narrow country lanes.	Get group together before crossing or following public roads. Deploy lookouts as necessary. On narrow country lanes, ensure all walkers stay on one side of the road. This should be the side with the best sightlines for approaching traffic. On major roads, where sightlines tend to be better walkers to walk on the right - i.e. the side facing oncoming traffic flow. Try to ensure that the lead and tail-end walkers are wearing something approaching hi-viz whilst walking along public road.		<i>Walk Leader</i>
Fragmentation	Risk of slower walkers being left behind and lost	For large groups consider appointing a tail-end charlie with telephone contact to walk leader. Allow time for stragglers to catch up periodically, particularly when route deviates. Make head-count at start and at regular intervals. Account for anyone missing.	Where there is a disparity in walking speed within the group, consider splitting the group into a faster group and a slower group, possibly modifying the route for the slower group.	<i>Walk Leader</i>

***Approved by the Naturist Ramblers Club Executive Committee on 1<sup>st</sup> November 2025.***

To be reviewed by the Naturist Ramblers Club Executive Committee every 3 years or sooner if needed.