**Henstridge Health Walks** 

**Route One**

Start at village hall. The entire walk is on asphalt/concrete except where stated.

Ash Walk, cross at lights to Shaftesbury Road; New Station Gardens; part of old railway line (packed sand); Blackmoor Lane; Brook Lane; Vale Street; The Cross; Church Street; footpath through churchyard; Church Street; footpath to St. Nicholas Close; Park Road; Ash Walk to village hall. 1.1 miles.





**Risk Assessment Form**

|  |  |  |  |
| --- | --- | --- | --- |
| **Walk location** | Henstridge Route 1 | **Date** | 7/11/2018 |

|  |  |
| --- | --- |
| **Assessment carried out by** | Paul Heyes |

| **Hazard** | **Who might be harmed** | **How is the risk controlled** |
| --- | --- | --- |
| **Traffic/roads**Whole route except footpath sections | All walkers | * Warn walkers in pre walks talk
* Cross at safer places (e.g. zebra crossings)
* Extra care at The Cross
* Keep group together
* Wear luminous tabards
 |
| **Dogs mess** | All | * Warn in pre walk talk
* Warn as necessary on route
 |
| **Dogs**  | All, particularly children and those fearful of dogs | * Warn in pre walk talk and as necessary on route
* Keep nervous walkers away from dogs
 |
| **Over hanging branches** | All | * Warn in pre walk talk and as necessary on route.
 |
| **Weather**SunRainCold | All, particularly those that are not dressed appropriately  | * Check walkers’ clothing at beginning of walk
* Take water, hats, rain coats, etc.
* Be aware of places to shelter
* Cancel walk if necessary
 |
| **Other people**e.g. Children in the parkbikes on the pavement or in the park | All | * Keep walking group together
* Be considerate of others - avoid blocking entrance ways and paths
* Move past any potentially threatening group avoiding eye contact
* Carry an attack alarm, should you feel there is cause to do so.
* Have a charged mobile to hand
 |
| **Slips, trips and falls**Kerbs slippery when wet and are a step up for a pushchair whilst crossing the road.Wet leaves in autumn; ice in winter. | All walkers particularly those with balance difficulties/mobility issues | * Warn in pre-walk talk and as necessary on route
* Help walkers around muddy spots, narrow paths, etc.
* Alter route if path accessibility is very bad
 |
| **Inclines**Blackmoor Lane, Brook Lane, Vale Street: shallow (1 in 40) | All walkers, particularly those with heart problems e.g. Angina | * Warn in pre-walk talk
* Be aware of walkers’ health needs
* Allow everyone to take inclines at their own pace
* Remind walkers to take and use medication if necessary
* Rest at hill tops and wait for group
 |
| **New walkers** | All, particularly the new walker | * Read through health check questionnaire with the new walker
* Share relevant disclosed health information with other leaders
* Be extra vigilant whilst walking
* Buddy new walker with a regular walker or another walk leader
* Accompany the new walker back to base if necessary
 |
| **Other** |
|  |  |  |