

## Risk Assessment

**Event** Sponsored Walk in aid of St Patrick's Charity Event

**Date** Saturday 12<sup>th</sup> August 2023

**Start Time** 0630 hrs. Estimated Finish Time 1900 hrs.

**Location / Route** - Yorkshire Three Peaks from Horton in Ribblesdale

Assessment carried out by Matt Campbell

Date of Assessment 13 April 2020

<b>What are the Hazards</b>	<b>Who Might be harmed and how.</b>	<b>What are we doing to minimise risk.</b>	<b>Do we need to do anything else to manage risk.</b>	<b>Action by whom</b>	<b>Action by when</b>	<b>Done</b>
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	12/8/23	12/8/23
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	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	12/8/23	12/8/23

		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.				
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	12/8/23	12/8/23
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	12/8/23	12/8/23
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	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	M Campbell	12/8/23	12/8/23

		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.	supplies, water, food and extra clothing and thermal blankets will be available as will sun bloc if necessary.			
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.	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	12/8/23	12/8/23
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	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	12/8/23	12/8/23

		generally) become problematic, participants can opt to drop-out at any checkpoint.				
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	12/8/23	12/8/23
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	12/8/23	12/8/23