

# Romsey and District u3a

## Group Risk Management plan - **OUTDOOR ACTIVITY**

## APPENDIX A

No	RISK	DESCRIPTION	ACTION TO MINIMISE RISK
A1	CROSSING ROAD	RISK OF INJURY OR DEATH	GREEN CROSS CODE <b>LEADER</b> TO IDENTIFY CROSSING POINT AND HOW TO CROSS
A2	ROAD WALKING WITH NO FOOTPATH	RISK OF INJURY OR DEATH	<b>LEADER</b> TO DETERMINE MEASURES DEPENDENT ON SIZE OF GROUP. COMPLY WITH GUIDANCE
A3	WALKING NEAR LIVESTOCK OR HORSES IN A FIELD	RISK OF INJURY OR DEATH	ALWAYS LOOKOUT FOR LIVESTOCK/HORSES IN A FIELD AND HOW THEY ARE BEHAVING. AVOID IF POSSIBLE, BY RE-ROUTING. IF NOT, <b>LEADER</b> TO CONSIDER APPROPRIATE ROUTE AROUND LIVESTOCK/HORSES AND ANY ACTIONS TO TAKE. COMPLY WITH GUIDANCE
A4	WALKING NEAR HORSES AND RIDERS	RISK OF INJURY OR DEATH	AVOID IF POSSIBLE GIVE WIDE BERTH, DON'T SHOUT AND MAKE NO SUDDEN MOVEMENTS
A5	BITE FROM TICKS	RISK TO HEALTH INCLUDING LYME DISEASE	WEAR APPROPRIATE CLOTHING AND FOOTWEAR. CONSIDER CARRYING APPROPRIATE TICK REPELLENT AND TICK REMOVAL TOOL EXAMINE SELF FOR TICKS
A6	BITES FROM OTHER INSECTS	RISK TO HEALTH OR WELFARE	WEAR APPROPRIATE CLOTHING AND HEADGEAR CONSIDER CARRYING SUITABLE INSECT REPELLENTS
A7	THUNDER AND LIGHTENING	RISK OF INJURY OR DEATH	<b>LEADER</b> TO CHECK WEATHER FORECAST AND CONSIDER ANY ACTION SUCH AS POSPONE ACTIVITY MONITOR THE WEATHER FOR BUILD UP OF MENACING CLOUDS IN STORM FOLLOW GUIDANCE AND <b>LEADER 'S</b> INSTRUCTIONS
A8	UNEVEN GROUND OR OVERGROWN AREAS	RISK OF INJURY	BE OBSERVANT AND LOOK OUT FOR RABBIT HOLES, TRIP HAZARDS AND THE LIKE. BEWARE OVERHEAD BRANCHES AND THE LIKE THAT COULD CAUSE EYE OR FACE INJURIES
A9	AGGRESSIVE DOGS	RISK OF BEING BITTEN	<b>LEADER</b> TO AVOID IF POSSIBLE BY REROUTING. IF NOT COMPLY WITH RSPCA GUIDANCE
A10	WINTER EXPOSURE	HEALTH AND WELFARE	<b>LEADER</b> TO PLAN CAREFULLY GIVEN SHORT DAYS AND ADVISE PRIOR TO ACTIVITY ENSURE CLOTHING AND FOOTWEAR/HEADGEAR ARE APPROPRIATE CONSIDER LEVEL OF EXPOSURE TO WHETHER SUN CREAM IS REQUIRED
A11	SUMMER EXPOSURE	HEALTH AND WELFARE	APPLY SUN CREAM AT SUITABLE INTERVALS ENSURE CLOTHING AND FOOTWEAR/HEADGEAR ARE APPROPRIATE
A12	SPRING EXPOSURE	HEALTH AND WELFARE	APPLY SUN CREAM AT SUITABLE INTERVALS ENSURE CLOTHING AND FOOTWEAR/HEADGEAR ARE APPROPRIATE

# Romsey and District u3a

## Group Risk Management plan - **OUTDOOR ACTIVITY**

## APPENDIX A

A13	AUTUMN EXPOSURE	HEALTH AND WELFARE	CONSIDER LEVEL OF EXPOSURE TO WHETHER SUN CREAM IS REQUIRED ENSURE CLOTHING AND FOOTWEAR/HEADGEAR ARE APPROPRIATE
A14	WALKING IN FLOODED AREA	INJURY AND WELFARE ISSUES	<b>LEADER</b> TO CHECK FOR FLOOD WARNINGS AND CONSIDER ANY ACTION REQUIRED SUCH AS REROUTING AND IDENTIFYING ESCAPE ROUTES. CONSIDER IMPACT OF ADDITIONAL TIME TO PROGRAMME
A15	LACK OF HYDRATION	HEALTH AND WELFARE	TAKE PLENTY OF WATER WITH YOU TO SUIT TIME OF THE YEAR AND WEATHER FORECAST AND SIP REGULARLY TO AVOID GETTING DEHYDRATED CONSIDER WEARING LOOSE, LIGHTWEIGHT CLOTHING SO YOU DON'T OVERHEAT
A16	WALKING NEAR WATER	RISK OF INJURY OR DEATH	AVOID IF POSSIBLE AND CROSS AT SUITABLE POINTS. FOR CANALS IN PARTICULAR ARE THERE THROW LINES or RINGS? WATCH OUT FOR UNMARKED EDGES, ERODED BANKS AND SLOPING SIDES. AVOID SLIPPERY AREAS. BE AWARE OF WEIL'S DISEASE