

Burrenbeo Trust Walks

Burrenbeo Trust Walks			Control		
Hazard	Risk	Likelihood	Email beforehand	Brief at event	On site preparations
Rough/uneven terrain	Falling/damage to joints and bones.Cuts and bruises. Other injury	medium	Advise upon correct footwear and remind attendees that they will be unable to participate if they are incorrectly attired. Warn about the terrain.	Warn about terrain and careful footing. If footwear not suitable attendees will be asked to leave the event.	Have a first aid kit, group shelter and qualified first aider present on all walks. Leader to have the means to call an ambulance/coast guard.
Extremes in weather	Cold, windy or wet - risk of hypothermia , hot - risk of sunburn, hyperthermia/sunstroke	low	Advise all to bring appropriate clothing and protection for all conditions and spare clothes/layers to carry with them.	If hot remind attendees to use suncream and to bring plenty to drink. Encourage all to use sunscreen & hat. Encourage wearing of layers of clothing if cold. Warn all that bare rock/mud becomes very slippery when wet so be careful of footing. If attendees are not suitably attired they will be asked to leave the event.	Have first-aid kit and group shelter and qualified first-aider present. Have plenty of drinking water if sunny and a supply of sun cream to make available to all. If cold, windy, wet leader to keep constant check on group moral. Leader to be aware of signs of hypothermia and to have the means to call for an ambulance. Leader to be prepared to cancel the event should conditions be inclement.
Spread of infectious illnesses	COVID-19	low	Government advised social distancing must be observed at all times. Attendees advised to bring own hand sanitiser.	Remind all of latest government guidelines on social distancing and respiratory hygiene. Anyone with any COVID symptoms asked to leave event immediately.	Sign in sheet kept up to date of attendees for contact tracing purposes. First aid kits to contain all recommended PPE. Up to date list of COVID symptoms with the sign in sheets. List of those attending to be available to the walk volunteers to ensure that numbers of attendees are kept low - anyone not on the official list to be asked to leave.
Traffic (if walking any distance on the roadside)	Hit by passing vehicle	low		Inform all attendees to be aware that we will be on a road and therefore to allow for passing traffic. Key people must wear high visibility vests.	Provide high visibility vests. Have first aid kit and a qualified first-aider present. Leader to have the knowledge and means to call an ambulance/coast guard.
Rats/vermin	Weils disease	low		Warn about Weils disease and advise anyone with any open wounds to have them well covered. Have info on Weil's Disease available.	Have first aid kit and qualified first-aider on site. Leader to have the means to call for an ambulance. Have information about Weils disease to give to anyone concerned.
Ticks	Lyme Disease	medium	Warning about ticks and Lyme disease in the Burren. Have link at bottom of every email to a Lyme disease info site.	Advise to wear gloves, long sleeves, tuck trowsers into socks & use insect repellent in areas where ticks active. Advise to check for ticks after the event. Have information on ticks and Lyme disease available in case anyone has an interest.	Have a qualified first-aider and first-aid kit on site. If bitten advise to contact GP if any symptoms occur similar to those on the Lyme disease fact sheet.
Stinging insects	Sting/insect bite	low	Use suitable repellent	Advise to wear gloves, long sleeves, tuck trousers into socks and wear insect repellent.	Have first-aid kit and qualified first-aider on present. Leader to have the knowledge and means to call an ambulance/coastguard in case of adverse reaction to sting/bite
Attack from aggressive or frightened animal	Physical injury/bites	medium	Dogs are not permitted on any Burrenbeo Trust event.	If livestock obviously in area warn people to keep away/not frighten them etc. Any dogs to be kept under control and on a lead.	Be aware that if on public right of way livestock have to be of no risk to the public. If not public right of way contact landowner to make sure either live stock not present or live stock is harmless. Have first aid kit, group shelter and qualified first aider present and the knowledge and
Contact with animal faeces or carcasses	Infection/Weil's Disease/esposure to Ecoli	medium		Warn people to look out for faeces/carcasses and to keep away if spotted. Wash hands if accidental contact made. Cover any bites or scratches. Wear gloves if necessary. Have information on Weil's disease available.	Have antiseptic wipes or handgel in first aid kit. Have good supply of plasters if people need to cover up scratches etc.

People getting lost	Various	low		Ask group to always stick together, look out for each other and inform the leader immediately if someone is noticed to be missing.	Leader to have a list of names of all who are present and to regularly count the people in the group where possible. Leader to appoint responsible adult where possible to bring up the rear of the group and to make sure that they are always the last person. Leader to be familiar with all outdoor locations used and the nearest route to the road or transport if any emergencies arise.
Attendees becoming unwell	Various	low		Group asked to alert first aider if feeling unwell or have pre-existing medical condition that could affect participation.	Have qualified first aider on site and the means to call for an ambulance/coastguard.
Water	Drowning	low/med	Warn if event location is near water.	Warn to avoid the water. Advise on location of life rings if any.	Have qualified first aider on site and the means to call for an ambulance/coastguard.