



## Swaledale and Arkengarthdale Archaeology Group (SWAAG)

### Walks Safety Guidance

All walks shall have a Walk Leader and a Back Up, both of whom shall be familiar with the route, although not necessarily the “technical” content of the walk.

Walks shall be restricted to public rights of way, permissive paths and open access areas unless SWAAG has prior permission of the landowner or farmer, as appropriate, to enter private land.

The Walk Leader/Back Up shall carry emergency support equipment appropriate to the walk and expected weather conditions, e.g. a first aid kit, mobile phone, walking map of the area of the walk, torch, compass, whistle, exposure blanket/survival bag. SWAAG will purchase and make available to walk leaders a first aid kit, a survival bag, a whistle and a torch and batteries.

Children and young persons under 18 are not permitted on walks unless accompanied by a Responsible Adult, who has signed the “Safety Policy for Children and Young People taking Part in SWAAG Activities” see Appendix 1.

People, who in the judgement of the Walk Leader, are not suitably equipped for the walk, shall not be permitted to participate. It is important on full-day walks that participants carry sufficient food and drink. The walk leader's decision is final.

The size of the party shall be restricted to approximately 25 persons per Walk Leader/Back Up pair. Thereafter, an additional Back Up per 10 participants is required.

Prior to the start of the walk, the Walk Leader/Back Up shall describe the walk, drawing attention to any particular hazards and invite anyone who does not feel the walk is within their capabilities to leave (see below).

Participants shall be informed that they do so at their own risk noting the hazards already referred to by the leader in the briefing.

All participants shall be invited to provide details of an emergency contact – this information to be destroyed at the end of the walk.

The Back Up shall walk at the rear of the group; ensure all gates are left in their initial position, monitor progress of group etc.

Key Risks in any walk are:

| <b>Risks</b>                                       | <b>Possible hazards and Injury</b>                              | <b>Action to Avoid Risks</b>   |
|--|---|--|
| Uneven ground, mud, wet and slippery ground, rocks | Broken limbs, bruising, sprains and strains                     | Sound and appropriate footwear, walking poles, do not run  |
| Water in pools, bogs                               | Drowning, slipping/tripping on unseen objects                   | Keep out   |
| Flowing water                                      | Slipping and tripping on slippery rocks, drowning               | Approach with care, check depths before entering   |
| Mining remains                                     | Falling down open shafts, rock falls, broken limbs and bones    | Take special care around mining areas. Do not go down shafts or enter levels, adits, tunnels, etc.                                     |
| Weather  | Extreme conditions can lead to exposure/hypothermia/dehydration | Wear appropriate clothing and carry spares. Carry water proofs, suncream and plenty of drinking water                                  |
| Animals  | Beware of bulls and cows, especially cows with young.           | No dogs on walks. Give wide berth and do not feed. If possible seek a route around the animals   |
| Disease  | Covid transmission  | Outdoor activity; limit group to a maximum of 16; social distancing to be maintained; participants to provide their own hand sanitiser |

Risks particular to a walk should be identified by the Walk Leader/Back Up and drawn to the attention of participants.

All incidents requiring first aid and/or medical/emergency services attention shall be reported using the SWAAG Health and safety Incident Report Form, see Appendix 2.

SWAAG 28 Feb 2023.