

Craven u3a Wharfedale Walkers

Walk Leaders' Guidelines - Risk assessment

Overview

We generally walk within the North Yorkshire National Park, an area of Outstanding Natural Beauty. Our walks can include rough terrain and hills.

Do members know the Route, Hazards, Length and Difficulty of the walk?

Do members have appropriate clothing and footwear for the conditions?

Do members have sufficient food and drink for the conditions especially water in hot weather?

Weather

We will not walk during Amber or Red weather warnings.

We may walk during Yellow warnings.

Especially in winter, weather can be quite severe on the hills even when benign in the valleys.

After heavy rain, are streams on your route still crossable?

Walking on Paths and Bridleways

Warn of slippery stones, especially limestone when worn or wet.

Warn of Barbed Wire adjacent to paths.

Warn of Barbed Wire by handholds at stiles.

Warn of large stones/rocks hidden by vegetation.

Warn of potholes hidden by vegetation.

Stiles

Wooden stiles – warn of slippery rungs or unsafe stiles.

Stone stiles - warn of loose capping stones.

Stone stiles - warn of broken gates.

Warn of high steps.

Walking across fields

Walk in single file over fields with crops.

Walk in single file in hay meadows in spring and summer.

Leave gates as they are found.

Fields with livestock

Avoid cows with calves.

Check gates are closed.

Road walking

Walk on right hand side of road facing traffic, except on tight right hand bends when group should cross to left hand side to give motorists greater line of sight.

On narrow roads with approaching traffic, all walkers keep to the right hand side of the road.

Crossing a busy road – Cross all at once if possible to leave the road quickly, otherwise cross in small groups.

Cyclists

On narrow lanes and Bridleways warn of cyclists approaching from behind.