

Walking the Wolds – Cowlam to Cottam September Walk 08.09.24

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?
Any potential risks that result in walkers being unable to carry on and / or needing hospital treatment	All	Devise emergency plan with access routes for vehicles, what3words locations, share emergency plan with all volunteer helpers	Ensure that there is a qualified first aider with the party. Remain in contact with helpers via walkie-talkies at all times. Keep group together	SM & volunteer helpers	Emergency plan completed in advance of the walk.
First aid requirements	Caused by walking in the countryside	SM to carry first aid kit/. Walkers to carry own first aid kits. Advice given along the way if paths uneven or new hazard identified. Steady walking pace.	None	SM	On the day
Emergency Contacts	May be required if accidents occur	SM to gather emergency contacts before setting off	None	SM	On the day
Toilets	No toilets on route	Use facilities at home or on route	Owners to read risk assessment posted on WTW web site	SM	On the day
Other dogs	Dogs may react to other dogs arriving to take part. Dog may also get excited, run and trip people up.	Dogs kept on leads and under supervised control by owners. People to remain aware of dogs in the vicinity	Owners to read risk assessment posted on WTW web site	Dog Owners	On the day
Uneven ground, slippery and wet underfoot	People may slip, trip and fall	Advise to wear suitable footwear and bring walking poles before hand	Advise to take care on the day and lead the group slowly if ground becomes slippery	Walkers / SM	Prior to the walk and on the day
Biting Insects if hot etc	People might react badly or be uncomfortable	Advise to carry bug-repellent	SM to carry bug repellent	Walkers / SM	Prior to the walk and on the day

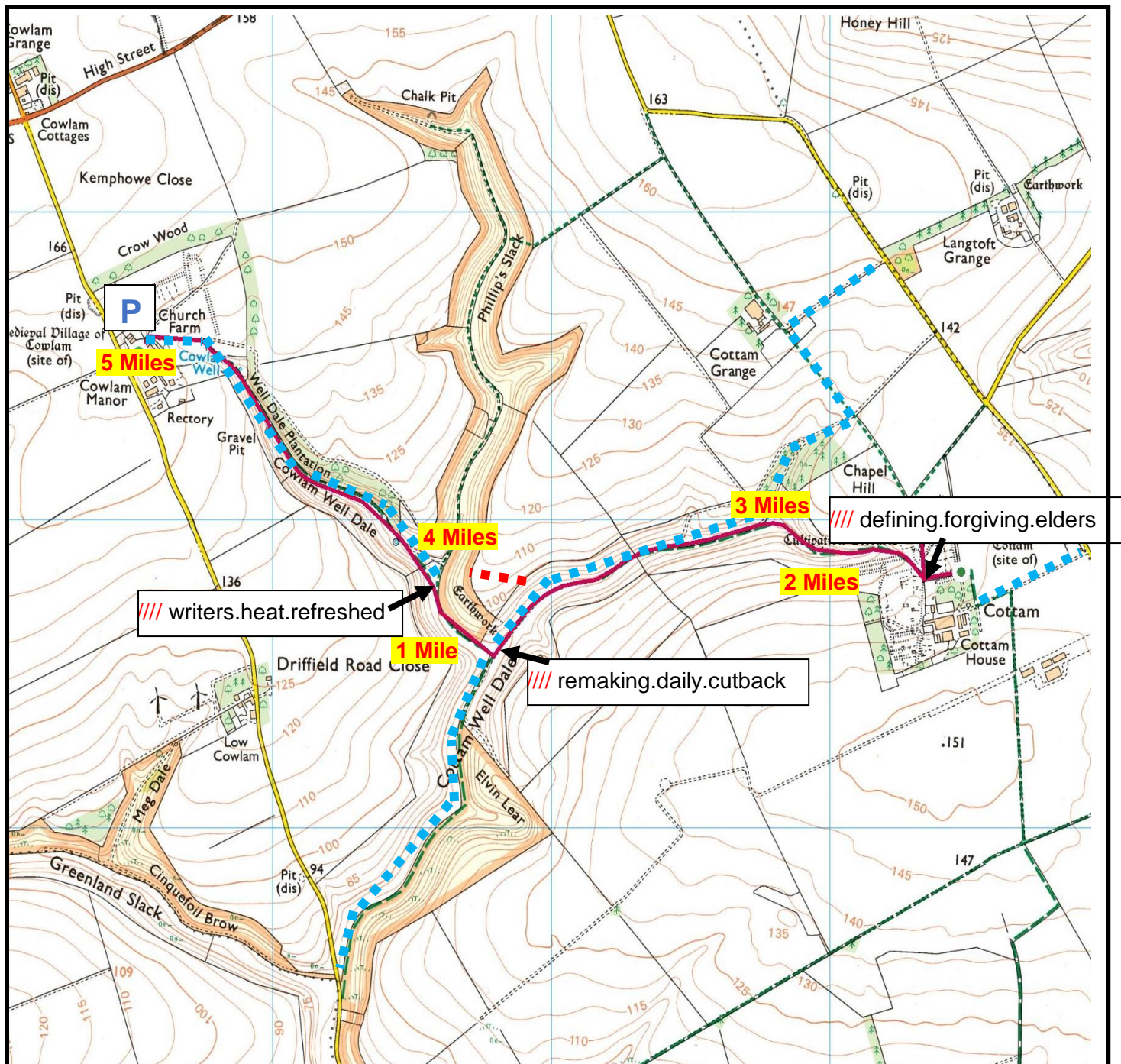
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Heat / Sun	People / Dogs get over heated / suffer from sunstroke	Advise to wear high factor sun screen and to carry sufficient water for them and their dogs. People also advised to wear protective clothing and hats.	Take regular walking breaks and allow dogs time to cool off in the streams along the route	Walkers / SM	Prior to the walk and on the day
Dog mess created along the route	Wild animals and crops	Advise on responsible dog ownership prior to setting off	SM to carry spare doggy bags	Walkers / SM	On the day
Horses or cyclists on bridleways	People may be hit, dogs may be frightened, horses may be frightened	Advise to keep a watch out for other users and keep dogs on leads if horses / cyclists seen	Owners to read risk assessment posted on WTW web site	Dog Owners / Walkers	On the day
Footpaths with nettles and thistles	People may get stung. People may have extreme adverse reactions	Prior warn walkers to wear long trousers / shirts and to be careful. Emergency numbers to be taken on the morning before setting off	Restate on the day as we approach footpaths to take care	Walkers and SM	Prior to the walk and on the day
Farm machinery in dales (sheep dipping was in progress when we did the test walk)	Dogs, if not on leads may get injured	Advise to keep a watch out for other users and keep dogs on leads if farm machinery seen	Owners to read risk assessment posted on WTW web site	Dog Owners / Walkers	On the day
Cut grass on footpaths obscuring holes and trip hazards	People may trip and fall. Sprained ankles or similar	Advise to wear suitable footwear and bring walking poles	Advise to take care on the day and lead the group slowly	Walkers / SM	Prior to the walk and on the day
Walkers / Dogs become unwell	People fall ill and cannot continue or fall behind	Advise on difficulty of walk, for people to decide if they are able to undertake it (and if their dogs can do the same)	Post a back-marker walker (with high vis-vest) to ensure no one is left. Use walkie-talkies and walk at a pace that all walkers can do.	SM / Back marker	Prior to the walk and on the day.

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Car Parking area at Cowlam Church – cars and farm machinery moving around – people & dogs	Dogs may run in front of or behind cars/ farm machinery if not controlled and hit / be hit by cars	Dogs kept on leads and under supervised control by owners.	Owners to read risk assessment posted on WTW web site	Dog Owners	On the day
Livestock (sheep) in Cowlam Well Dale – signage says to keep dogs on leads here	Livestock worried- Sheep in evidence 03.09.24	Pre-checked and sheep in evidence and on the trail	Dogs to be put on leads, kept under close control	Dog Owners and SM	On the day
Dogs may run off if not kept under control	May unexpectedly come across livestock or ground nesting birds	Keep dogs under close supervision	Owners to read risk assessment posted on WTW web site	Dog owners	On the day
Livestock (sheep) in Cottam Well Dale (top of)	Livestock worried- Sheep in evidence 03.09.24	Pre-checked and sheep in evidence and on the trail	Dogs to be put on leads, kept under close control	Dog Owners and SM	On the day
Uneven ground in Cowlam medieval village	People may slip, trip and fall	Advise to wear suitable footwear and bring walking poles before hand	Advise to take care on the day and lead the group slowly if ground becomes slippery	Walkers / SM	Prior to the walk and on the day
Church in Cowlam Medieval village in state of disrepair and unsafe	People and dogs may get hit by falling debris	Fence is in situ around the church	Advise to not go inside the fencing and keep dogs outside	Walkers / SM	Prior to the walk and on the day

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Route – 5 miles

Total Ascent – 497 feet

Vehicle Access Route:

■ ■ ■ ■ ■ ■ ■ Un-Made Track

■ ■ ■ ■ ■ ■ ■ Road, Lane or Farm Track

 Route

Start / Finish – YO25 3AD

/// inventors.placed.appetite

Nearest A & E – 15.7 miles away in Bridlington
General Hospital, Bessingby Rd, Bridlington YO16
4QP 01262 606666

Nearest Vet – 6.7 miles away – Aldgate Veterinary Practice, St John's Place, Driffield YO25 6QD- (24 hour)
- 01377 252087 (Driffield) or 01262 677269 (Bridlington)

Walk Leaders:

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