

Sample Walk

This is the walking part of the event, the walkers will walk independently to the train station, they will be given a map and the route is well signed to the station.

Please fill out the following risk assessment form before organising a Tri-Freedom event. Some example answers have been provided to show the level of information you need to include.

Completed by: [Name], Date: [mm/dd/yy], Time:

Start/Finish Point	Stanley Park to Sandhills station.
Description	Part one of Tri-Freedom event. This is the walking part of the event, the walkers will walk independently to the train station, they will be given a map and the route is well signed to the station.
Distance (miles)	1.5 km
Estimated Travelling Time	20 minutes
Estimated Total Time	30 minutes
Facilities	Toilets at Stanley park, Sandhills and Moorfields station
Age Restriction	16 +
Stopping Points	Regular stops to rest when required
Points of Interest	
Walking Suitability	Flat surfaces, reasonable for walking
Car Parking	Stanley park
Public Transport	Good transport links into the area. Sandhills to Moorfields station

Generic risk assessment

Risk/hazard description	People at risk	Risk rating	Notes
Cars / other motor vehicles	Walkers, Leaders	Low	Observe vehicles in and around the area using general road safety. Walkers will be advised.
Gates	Walkers	Low	Careful manoeuvring through gated areas.
Busy roads	Walkers, Leaders	Low	Cross where visibility is best and at traffic lights. There are a couple of sets of traffic lights along the route.
Uneven pavements & kerbs / cobbles, stones, debris on pavements	Walkers, Leaders	Low	Remind people of the risk and alter the route if necessary.

Risk/hazard description	People at risk	Risk rating	Notes
Adverse weather	Walkers, Leaders	Low	Remind people of the risk and advise them to wear suitable clothing. Amend route if appropriate, cancel walk if necessary. This is a short route and they will be using public transport.
Dogs	Walkers, Leaders	Low	Be aware of dogs that are not on leads. Look ahead and behind regularly.
Dog dirt/rubbish	Walkers, Leaders	Low	Be aware of dog mess and other harmful waste.
Other walkers/fisherman	Walkers, Leaders	Low	Give way and space to fellow walkers/fisherman
Cyclists	Walkers, Leaders	Low	Be aware of cyclists sharing the paths.
Unfamiliar area	New participants	Low	Participants will be signed in at the beginning and the end of the walk. Leaders to carry mobile phones. Advise walkers if they want to leave the walk to let someone know.
Crowds on high street	Walkers, Leaders	Low	Keep group together.
Medical emergency		Low	Emergency contact details of walkers will be with the leader. Mobile phone for emergency calls if required.
Group separation/missing group members	Walkers	Low	Walkers will be given clear instructions at the beginning as well as a map. They will also be given a travel pass for using the train.
Hazard Location (distance from start)	everyone	Low	Walkers advised as to length of walk, walk leaders to confirm at start of walk to ensure all walkers understand. The walk will take_ minutes. The walk will be in length.
Navigational error		Low	Leader to have pre-walked the route.
Injury	Walkers, Leaders	Low	Leaders to carry a first aid kit and mobile phone.
Tiredness	Walkers, Leaders	Low	Encourage people to bring water and to wear suitable clothing/footwear.

Specific risks

Hazard location (distance from start)	Risk/hazard description	People at risk	Risk rating	Notes
Slips and trips on uneven and/or muddy ground.	Highlight potential hazard areas along the route (have a briefing before the walk)	Everyone	Low	Look out for uneven ground and ask the walkers if they have any particular concern before and during the walk.
Traffic and crossing the roads.	Care and vigilance taken whilst crossing.	Everyone	Low	Walkers will be advised before walking the route, this is a familiar area for most of the walkers, if unfamiliar at the start of the route they can walk with a group that are familiar with the route.
Injury from being struck by a car when walking along road	Hi-Vis vest to be worn by the leader. Walking on the road should only be done in a road with very light traffic	Everyone	Low	Be mindful of passing vehicles and take care whilst on the road, walk in single file if necessary.
Stanley Park	Surface is good for walking but be aware of uneven path through the car park.	Everyone	Low	Path is suitable advise walkers to be aware of their surroundings.

Hazard location (distance from start)	Risk/hazard description	People at risk	Risk rating	Notes
Exposure in cold/wind/rain	<p>Ensure walkers are Adequately dressed for weather conditions.</p> <p>Have alternate route options, for example more sheltered areas.</p>	Everyone	Low	Highlight the hazard at the beginning of the walk, continue to talk to the walkers about the conditions, for example, do they wish to continue the walk in the conditions?
Cyclists	Cyclists moving fast through the park.	Everyone	Low	<p>Walkers to be advised the path is a shared path and cyclists will be riding through the park.</p> <p>Advise walkers to be aware of cyclists riding through at speed</p>
Setting up for registration	Table, banner	Everyone	Low	Please make sure the area does not get too crowded and be aware of others around you.
Walk down Walton road, Kearsley street towards Commercial road and into Sandhills	<p>The route is Signposted to Sandhills, participants need to walk across roads, Commercial road has traffic lights but this is not a pedestrianised crossing. This route is down hill and is straight forward.</p> <p>Anfield road has a pedestrian crossing; participants cross over into Walton lane this road has a zebra crossing, walkers will need to take care as it is on a bend.</p> <p>Kearsley street is also a pedestrianized crossing cross over take a left and walk down Sandhills lane</p> <p>Take a left and cross over the road to walk down Sandhills Lane.</p>	Everyone	Low	<p>The participants will be given hand-outs with a map on and be advised about the route, the route is short and anyone not sure about the route could be advised to walk with other walkers who know the route very well.</p> <p>The participants can walk the route individually or as part of a group.</p> <p>Walkers to be advised to use the crossing when available.</p> <p>Someone will meet participants at Sandhills station and advise about the second part of their journey.</p>