



Find Yourself Be Yourself Grow Yourself

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Risk Assessment:

Route 1 (R1): Meet at The Beulah Bistro, Tong Rd, Farnley, Leeds LS12 5EP

Involves:

- Narrow path into woods
- Hills
- Down to the beck or up to the view

Route 2 (R2): Meet at Queens Park, Off Victoria Road Pudsey – Walk around the field

Involves:

- Gentle walk
- No hills
- Possible activities on the field

Route 3 (R3): Meet at Woodhall Lake, off Woodhall Lane, (opposite the street Woodhall Croft)

Involves:

- Walk around a lake
- Through trees and wood to a field
- Fairley flat, can be very muddy in parts

The “Walker” is the Outdoor Therapy Client or Supervisee. Hazard/Event	Who might be harmed	How the risk is controlled
Inclines (R1)	All walkers, particularly those with heart conditions	<ul style="list-style-type: none"> • Warn in advance the level of walk • Be aware of walkers needs • Go at walkers pace • Walker to say when rests are needed
Stiles (R1)	All walkers, particularly those with balance difficulties/mobility issues	<ul style="list-style-type: none"> • Give assistance where necessary

Watercourses/River Banks, Lake (R1,3)	All walkers	<ul style="list-style-type: none"> • Discuss route before hand • Walker to stay away from edges with no barriers
Farm Animals	All walkers	<ul style="list-style-type: none"> • Do not disturb animals • Walk past calmly • Do not feed animals • In Contracting: Discuss if walker has any fears re animals
Dogs mess	All walkers	<ul style="list-style-type: none"> • Warn as necessary on route
Dogs	All, especially those fearful of dogs	<ul style="list-style-type: none"> • In contracting: Walker to inform Nicola if they are fearful of dogs and discuss a strategy
Overhanging Branches	All Walkers	<ul style="list-style-type: none"> • Warn on route & keep alert
Weather	All walkers	<ul style="list-style-type: none"> • In contracting: Walker agrees to wear weather appropriate clothes • In contracting: walker agrees to wear sunscreen and sun hat in hot weather, waterproofs in wet weather • Be aware of places to shelter
Traffic & Roads , particularly R1	All walkers	<ul style="list-style-type: none"> • Warn walker in advance

		<ul style="list-style-type: none">• Cross at safe places• Stay together• Look left and right before crossing
Other members of the public	All walkers	<ul style="list-style-type: none">• Keep together• Be considerate of others