



# CUMBERLAND GEOLOGICAL SOCIETY

## Excursion Information and registration

**Excursion Information and Hazard and Safety Measures to be completed by the Leader for each Field Excursion in advance of the excursion.**

**Field Excursion Register to be signed by each individual attending the excursion as part of the registration process.**

### 1. Excursion Information

Date of Excursion	20 <sup>th</sup> August 2023
Title of Excursion	The geology of Greenside Mine and Blea Cove, Glenridding
Name of Excursion Leader	Edward G. McGowan
Start point and OS Grid Ref	Glenridding Car Park NY 3854 1692
Description of terrain to be covered	A road and traditional rocky footpath will make up the majority of the terrain covered. 136m ascent across an uneven grassy terrain (possible bracken covering part of the ascent).
Total distance to be covered, metres of ascent	5.7 km distance. 338m ascent
Severity of excursion	Low – Ascent to Locality 2 is the steepest part, as so will be taken slowly.
Special requirements	N/A

## 2.Hazard and Safety Measures

<b>Potential hazard</b>	<b>Risk level– High/Medium/Low</b>	<b>Safety measures</b>
Poor / deteriorating weather; risk to party completing the route or of hypothermia	Medium	Check weather forecast on morning of excursion and report to group before setting off. If weather deteriorates with no sign of ending soon, excursion shall be cancelled. Group shall return together to car park. Group leader is First aid trained.
Poor visibility; risk of the party getting lost or separated	Low	Map of route shall be shown to all at the start, highlighting how to return to car park. Party shall proceed as a group, not venturing far from each other. When leaving a locality, a head count shall be conducted before moving on. If visibility becomes poor, party shall return back to car park. If lost on hillside, descend back to path and follow back to Glenridding (by turning right off hill). Route is well signposted. Phone signal is generally good within the area.
Steep or exposed edges; risk of slips/trips/falls	Medium	Ascent to Locality 2-4 shall be taken slowly to prevent slips/trips. Party shall be told not to get close to the steep crags at Locality 4.
Boggy or heavily overgrown ground; risk of slips/trips/falls	Medium	Ascent/descent to Locality 2-4 shall be taken slowly to prevent slips/trips.
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	Low	Wooden section is on a well maintained, flat footpath. Rest of route does not pass through a forestry area.

Roads; risk to pedestrian attendees from traffic	Low	Walking single file along roads. Shout 'car' to notify group of approaching vehicles.
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Low	No stiles are needed to be crossed. Paths can be quite uneven. However, they are all well-trodden.
Getting lost	Low	Map of route shall be shown to all at the start, highlighting how to return to car park. If lost on hillside, descend back to path and follow back to Glenridding (by turning right). Route is well signposted. Phone signal is generally good within the area.
Loss of daylight; difficulty of completing the route safely and on time	Low	It is highly unlikely the excursion will not be completed in time. However, if it is getting dark, the day shall end prematurely to ensure the party returns to the car park before dark.
Attendee becoming unwell and needing assistance. Including sun exposure and bites by ticks, insects or snakes	Medium	Group leader is First aid trained. Attendees requiring assistance shall be taken back to the car park, where further assistance can be acquired at the local Information Centre. Patterdale Mountain Rescue will be called if necessary.
Water courses, open water, tides; drowning risk	Low	The Glenridding Beck shall be crossed at a bridge. All over becks crossed are very small and easy to step over, even after heavy downpour.



Signature of excursion leader ..... ..



## **GUIDANCE FOR PARTICIPANTS**

Members of CGS and guests take part at their own risk. You should read and understand the foregoing Excursion Information, and raise any queries about any matter of concern before the excursion starts.

1. Participants (members and guests) will sign to indicate they are aware of this and accept all responsibilities set out in this document.
2. It is assumed that you are confident the proposed route is well within your physical capabilities- even if the weather deteriorates.
3. You should be properly equipped e.g., suitable footwear, appropriate clothing and food and drink.
4. There is no guarantee that any participant will have had first aid training but, in any emergency, the group will help as best it can.
5. You have complete responsibility for your own safety and for keeping in contact with the group.
6. Do not take unreasonable risks.
7. Alert others if a problem arises.
8. If you need to stop, let at least one other person know.
9. If you choose to leave the trip early, make sure the leader is aware of this.
10. A brief introduction will be given at the start point – it is customary for a few words of appreciation to be given at the end before the group disperses.

It should be noted that the Society holds Third Party Public Liability Insurance for all Society members, but this does not extend to visitors. The Society does not accept responsibility or loss or damage to individuals or their property.



