



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

Title of Excursion; geological theme(s)	Coombe Crag Gorge – Leahill Cyclothem
Date of Excursion; start time; approximate duration.	16/09/2023; 10:00 a.m.; 4 hours
Name of Excursion Leader(s)	Steve Rozario
Start point and its National Grid Reference; also end point if different from start.	Banks East Turret Car park NY 575 647
Parking and transport information	£2 Parking charge, free for English Heritage members
Description of terrain to be covered	Waymarked public paths. The paths can be muddy when wet, there are sections through woodland with exposed tree roots and paths along the sides of a steep river gorge. One section has steep drops on both sides and may be difficult for vertigo sufferers, although this can be bypassed if needed. Boots or stout walking shoes should be worn.
Approximate distance to be covered, metres of ascent / descent	6 km. 200m ascent and descent.
Assessed severity of excursion	Moderate
Special requirements; refreshments; other observations	Packed lunch recommended. Suitable clothing should be worn. Walking poles can be helpful.
Nearest hospital with A&E	Carlisle



2.Hazard and Safety Measures

Potential hazard	Risk level– High/Medium/Low	Safety measures
Poor / deteriorating weather; risk to party completing the route or of hypothermia. *	Low	Trip is never more than half a mile from a farm or road.
Poor visibility; risk of the party getting lost or separated. *	Low	Route is on waymarked paths with frequent stops.
Steep or exposed edges; risk of slips/trips/falls	Medium	Suitable footwear recommended. Route is on public paths throughout.
Rockfall, or fall of other debris from slopes.	Low	Unstable cliff faces will not be approached.
Boggy or heavily overgrown ground; risk of slips/trips/falls	Medium	Suitable footwear recommended.
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	Low	We will be on well-used public footpaths
Roads; risk to pedestrian attendees from traffic.	Low	There are two short road sections, these are on the Hadrian's Wall path.
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Low	Paths and stiles are either part of Hadrian's Wall National Trail or public footpaths.
Navigation error: party getting lost.	Low	Paths are waymarked and leader is familiar with area.
Loss of daylight; difficulty of completing the route safely and on time.	Low	Start time gives adequate daylight for completion.
Attendee becoming unwell and needing assistance. Including sun exposure and bites by ticks, insects or snakes	Low	Path is mostly shaded. Area is not known for snake or insect hazards.
Water courses, open water, tides; drowning risk	Low	Paths are public footpaths beside the river. We may examine rock exposures in the river but only if the water level is low enough and safe enough for this to be done.
Other		

* Weather-related risk level to be reviewed at the time of the Excursion.



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 Hazard and Safety Measures, 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. Attendees should consider making the Field Trip secretary or the Field Trip Leader aware of any illnesses that may impact their participation and what actions should be taken if illness occurs.
3. You should be properly equipped e.g., suitable footwear, appropriate clothing, first aid kit, personal medicine 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.

Each person attending a field meeting does so on the understanding that they attend at their own that their own risk. It should be noted that the Society holds Third Party Public Liability Insurance for all Society members, but this does not extend to visitors undertaking excursions. Personal Liability Insurance and Personal Accident Insurance remain the responsibility and choice of the participant. The Society does not accept responsibility for loss or damage to individuals or their property.

