

Field trip Information and registration

The field trip information (1) and risk assessment (2) sections are to be completed by the leader in advance of the trip. The generic risk assessment table (2) should be customised to cover the specific risks relevant to the trip.

Attendees should read and understand the risk assessment (2) and the rules (3). The field trip register (4) is to be completed by each individual attending.

1. Field trip information

Title of field trip; geological theme(s)	Cockermouth Rock Trail A stroll around Cockermouth Building Stones in search of geology Walk details can be downloaded from https://www.cbbc.org.uk/wp-content/uploads/2021/11/Cockermouth-Rock-Trail.pdf
Date of field trip; start time; approximate duration.	Wednesday 17 July 2024 5.30 pm 1 hr 30 mins
Name of field trip leader(s)	Peter Sapsford
Start point and its National Grid Reference; also end point if different from start.	Start: End of Millers footbridge NY 118308 Finish: Main Street NY 119306
Parking and transport information	Wakefield Road Car Park (adjacent to start) NY 118309
Description of terrain to be covered	Roads, pavements and riverside path in town centre
Approximate distance to be covered, metres of ascent / descent	Approx 2km Negligible ascent and descent
Assessed severity of field trip	Easy
Special requirements; refreshments; other observations	Finishing in a pub. After the walk we intend to gather in The Bush on Main Street 7.15 - 7.30. Anyone looking for food is advised to book in advance either at The Bush that will take a group of no more than 6 or elsewhere. Other options include: Hunters which will also have a quiz, Tarantella restaurant, The Bitter End and at more expense, The Trout.
Nearest hospital with A&E	West Cumberland Hospital, Whitehaven

Note: If action or advice is needed from the CGS Designated Safeguarding Officer regarding this field trip, contact details are available from the members' area of the CGS website or any Council Member.

2. Risk assessment

Potential hazard	Risk level– High/Medium/Low	Safety measures
Navigation, route, conditions		
Poor / deteriorating weather; risk to party completing the route. *	Low	
Poor visibility or navigation error; risk of the party getting lost or separated. *	Low	
Loss of daylight; difficulty of completing the route safely and on time.	Low	Walk scheduled to finish before dark. Town centre route.
Slips, trips and falls		
Steep or exposed ground; uneven rocky ground underfoot: risk of slips/trips/falls; anxiety or vertigo	Low	Supervision by leader
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Town Centre paths and roads - Low	Supervision by leader
Boggy or heavily vegetated ground; risk of slips/trips/falls	None	
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	None	
Health and wellbeing		
Attendee becoming unwell and needing assistance*. Including hypothermia, sun exposure and bites by ticks, insects or snakes		
Other typical risks		
Roads; risk to pedestrian attendees from traffic.	Town Centre road crossing. Attendees not paying attention to road and kerbs Medium	Particular care and supervision by leader
Rockfall, or fall of other debris from slopes.	No slopes	Care taken adjacent to walls
Water courses, open water, tides; drowning risk; crossing risks of slips/trips/falls	All water courses have protection. Low	Care taken by footbridge
Livestock attack: cows, bulls.	None	
Other		

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

Signature of field trip leader ...Peter Sapsford.....

3. Rules

1. Members of CGS and guests take part at their own risk. They should read and understand the foregoing field trip information and risk assessment, and raise any queries about any matter of concern before the field trip starts. A brief introduction will be provided at the start point. It should be noted that the Society holds Third Party Public Liability Insurance for Society members, but this does not extend to visitors undertaking field trips. 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.
2. Participants should be aware of potential hazards which may be encountered in the field. They should read the Risk Assessment prepared in advance of each field trip and sign the field trip register on arrival. In general, these hazards will be such as are commonly encountered on the hills, open countryside and coastal and riverine areas in Cumbria, and participants will be expected to be familiar with these.
3. The behaviour of all members of the field trip must be such as to minimise the risk to themselves and other attendees. Any participant who behaves in a manner likely to put at risk his or her own safety, or the safety or enjoyment of another participant or the group as a whole, may be asked to leave by the field trip leader, and must do so immediately.
4. It is the responsibility of participants to satisfy themselves that they are fit to take part in the field trip and are properly equipped to do so. They should inform the field trip leader in advance, in confidence, of any matter which may have a bearing on their fitness to participate and what actions should be taken if illness occurs. The field trip leader may refuse to allow any person whose health or fitness appears to be a source of concern, or who appears to be inadequately equipped, to participate in (or to continue participation in) a field trip. 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. Under 18s and vulnerable adults may attend if they are accompanied by a parent, guardian or responsible adult, provided that this is indicated in the Field Trip Register.
6. Participants should wear clothing and footwear suitable for the field trip and carry appropriate safety equipment and rations.
7. The instructions of the field trip leader should be followed. It is important to stay with the leader during the field trip. Racing ahead or lagging behind causes problems of safety as well as making the leader's task more difficult. Alert others if a problem arises; if you need to stop, let at least one other person know. Members must make their intentions known to the leader if they intend to leave the group either temporarily or permanently; it is recommended that this is not done alone, particularly in remote or rugged terrain.
8. In the interests of conservation and safety the use of geological hammers is discouraged. Some exposures may be SSSIs or have other designations, and in any event the permission of a landowner may be required
9. If an injury or other problem occurs the field trip leader should be notified immediately.
10. Dogs do not normally take part in a field trip. A participant who wishes to bring a dog on a field trip should confirm beforehand with the field trip leader that this will be acceptable.

