

Field trip Information

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.

1. Field trip information

Title of field trip; geological theme(s)	Seathwaite Fell: The best traverse through the best-preserved caldera-fill sedimentary sequence in the world! Stratigraphy and sedimentary structures of the Scafell Caldera lake
Date of field trip; start time; approximate duration.	17 June 2026; 10am; 5 hours
Name of volunteer field trip leader(s)	David Haselden 07541979628
Start point and its National Grid Reference; also end point if different from start.	Seathwaite Farm yard Borrowdale NY 2353 1219
Parking and transport information	Parking for free along road or carpark at Seathwaite Farm (£5/day in 2025)
Description of terrain to be covered, number of stiles	The approach and return are on good mountain paths, but the geological traverse is on pathless open fell, steep in places with some simple scrambling.
Approximate distance to be covered, metres of ascent / descent	The excursion is around 8k with 540m of ascent and maximum altitude of 630m
Assessed severity of field trip,	Hard
Special requirements; refreshments; other observations	Lunch and water; clothing for the weather; footwear for the terrain
Nearest hospital with A&E	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	Excursion will only take place in fair weather and good forecast Limit numbers to 16
Poor visibility or navigation error; risk of the party getting lost or separated. *	Low	Excursion will only take place in fair weather and good forecast Limit numbers to 16
Loss of daylight; difficulty of completing the route safely and on time.	Low	Appropriate start time to ensure plenty of time
Slips, trips and falls		
Steep or exposed ground; uneven rocky ground underfoot: risk of slips/trips/falls; anxiety or vertigo	Med	Sound footwear and only participate if comfortable on rocky/uneven ground
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Med	Sound footwear and only participate if comfortable on rocky/uneven ground
Boggy or heavily vegetated ground; risk of slips/trips/falls	Low	Sound footwear and only participate if comfortable on rocky/uneven ground
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	Nil	
Health and wellbeing		
Attendee becoming unwell and needing assistance*. Including hypothermia, sun exposure and bites by ticks, insects or snakes	Low	Appropriate clothing and equipment
Other typical risks		
Roads; risk to pedestrian attendees from traffic.	Low	Minor road, care and attention
Rockfall, or fall of other debris from slopes.	Low	Option to wear helmet
Water courses, open water, tides; drowning risk; crossing risks of slips/trips/falls	Low	Minor stream crossings
Livestock attack: cows, bulls.	Nil	
Other		

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

Signature of volunteer field trip leader