

## 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.

Attendees should read and understand the risk assessment (2) and the rules (3).

### 1. Field trip information

Title of field trip; geological theme(s)	Windermere Supergroup
Date of field trip; start time; approximate duration.	16/4/26, 10.00, ~5 hours
Name of volunteer field trip leader(s)	Richard Wrigley
Start point and its National Grid Reference; also end point if different from start.	Start at Walna Scar car park SD 2889 9701. End at High Cross SD 3284 9852
Parking and transport information	Paid parking at the (gated) end of the road at SD 2889 9701. Free parking at High Cross SD 3284 9852. Car sharing recommended
Description of terrain to be covered, number of stiles	Open fell & tracks, wet in places
Approximate distance to be covered, metres of ascent / descent	6.5 km, 100m
Assessed severity of field trip	Moderate
Special requirements; refreshments; other observations	Packed lunch, drinks
Nearest hospital with A&E	Furness General, Barrow, 22 miles

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
<b>Navigation, route, conditions</b>		
Poor / deteriorating weather; risk to party completing the route. *	Low	Assess on the day
Poor visibility or navigation error; risk of the party getting lost or separated.	Low	Assign back marker
Loss of daylight; difficulty of completing the route safely on time.	Low	Trip will end around 15.00
<b>Slips, trips and falls</b>		
Steep or exposed ground; uneven rocky ground underfoot: risk of slips/trips/falls; anxiety or vertigo	Low	
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Low	
Boggy or heavily vegetated ground; risk of slips/trips/falls	Moderate	Wear waterproof boots, use poles
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	N/A	
<b>Health and wellbeing</b>		
Attendee becoming unwell and needing assistance*. Including hypothermia, sun exposure and bites by ticks, insects or snakes		
<b>Other typical risks</b>		
Roads; risk to pedestrian attendees from traffic.	Low	Do not walk on road
Rockfall, or fall of other debris from slopes.	Moderate	Wear hard hat
Water courses; drowning risk; crossing risks of slips/trips/falls	Low	No streams will be crossed
Livestock attack: cows, bulls.	N/A	
<b>Other</b>		

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

Signature of volunteer field trip leader .....