

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)	Braystones to St Bees: A walk along the coastal path to view the legacy of glacial readvances.
Date of field trip; start time; approximate duration.	Saturday 5 th September. 11 am train from St Bees for start at 11.15 am at Braystones station. 5-6 hrs
Name of volunteer field trip leader(s)	Jon Merritt (BGS) Nick Smith (NNL)
Start point and its National Grid Reference; also end point if different from start.	Braystones Station [NY 00089 06008] ending at St Bees
Parking and transport information	Parking at St Bees beach or around Tarnside Holiday Park in Braystones [NY 00218 06086] (by request)
Description of terrain to be covered, number of stiles	Coastal path over gently undulating farmland mainly with gates. Steep road down to shingle beach at Nethertown with optional examination of boulders
Approximate distance to be covered, metres of ascent / descent	10 km. Up to 30m OD
Assessed severity of field trip,	Moderate
Special requirements; refreshments; other observations	Refreshments and facilities at St Bees Beach only. Walking boots, water and packed lunch required
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	Popular walking route. Request railway station at Nethertown half way
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	
Slips, trips and falls		
Steep or exposed ground; uneven rocky ground underfoot: risk of slips/trips/falls; anxiety or vertigo	Moderate	Keep to paths and beach. Keep away from cliffs. Great care needed to avoid slippery rocks
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Low	
Boggy or heavily vegetated ground; risk of slips/trips/falls	Low	
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	n/a	
Health and wellbeing		
Attendee becoming unwell and needing assistance*. Including hypothermia, sun exposure and bites by ticks, insects or snakes	Low	Walking boots, rainwear, suncream, water bottle
Other typical risks		
Roads; risk to pedestrian attendees from traffic.	Low	Walking on short stretches of minor roads
Rockfall, or fall of other debris from slopes.	Moderate	Keep back from cliff sections
Water courses, open water, tides; drowning risk; crossing risks of slips/trips/falls	Low	
Livestock attack: cows, bulls.	Low	
Other		

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

Signature of volunteer field trip leader Jon Merritt 22/7/2026