

Will4Adventure
Risk Assessment Management Strategy
The University of Sheffield Big Walk 2024
W E Legon 18/08/2023

Activity: The University of Sheffield Big Walk 2024, Peak District National Park

General

The University of Sheffield Big Walk is a sponsored walk through the Peak District National Park allowing participants the opportunity to walk up to around 30Km or 50Km inside 14 hours. This event will generally attract adults who have some experience of walking in British countryside, and who live locally, who will be familiar with the terrain.

The route follows in the main, foot paths, tracks, bridleways and to a limited extent, roads too. Walkers are rarely far from the road and almost all of the route has mobile phone reception.

The organiser is William Legon who has organised very similar events on many occasions over the past 20 years and this risk assessment is based on that experience.

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Risk subject	Method of Mitigation
a. Weather	
General	<ul style="list-style-type: none"> • Organiser should check up to date weather forecast for the area to be walked and in the event of any severe weather warnings, should brief accordingly all participants 24 hours before the event. • Alternative plans should be considered beforehand.
Cold & wet conditions	<ul style="list-style-type: none"> • Marshals need to watch for signs of hypothermia and be briefed accordingly.
Hot weather	<ul style="list-style-type: none"> • Walkers need to be briefed to bring sun screen and to wear hats. • Organisers need to brief walkers on suitable locations for rehydration and to provide water where possible. • Marshals need to watch for signs of hyperthermia and be briefed accordingly.
Lightning	<ul style="list-style-type: none"> • Walkers should be briefed not to be outside during lightning storm where possible. • In the event that thunder and lightning is forecast walkers will need an up to date briefing in the 24 hours before the event on the best safe practice.
b. Terrain	
Steep, wet, slippery ground.	<ul style="list-style-type: none"> • Following rain there are sections of the route that are prone to mud, but the consequences of a slip in these places is most likely to be negligible.
Rock fall and land slips	<ul style="list-style-type: none"> • N/A to these routes.
Stairs, steps, uneven surfaces	<ul style="list-style-type: none"> • Given the nature of the challenge we anticipate that the people signing up for this event will be capable enough to make stairs, steps and uneven surfaces a negligible hazard. • Walkers will be recommended to walk with other participants.
c. Walkers	
Fitness	<ul style="list-style-type: none"> • The organiser/marshals to monitor the walkers throughout watching for signs of exhaustion. • Walkers will be allowed to progress at a pace that is best for them with opportunities along the way to drop out.
Equipment	<ul style="list-style-type: none"> • Before the event, organisers should to brief all walkers on suitable clothing and equipment for this event. Consideration must be given to wind, cold, precipitation and heat. Walkers must be briefed to carry suitable: clothing, equipment, food, snacks, and water to complete the route.

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Lost	<ul style="list-style-type: none"> Marshals will be located at key locations to advise on where the route goes and to log walkers through. Marshals will need to be placed with precision at key locations Walkers will have access to the route in good time allowing for them to familiarise themselves with the route beforehand. Any walkers that are knowledgeable about the way of the route will be asked to wear Hi Vis vests to allow others to follow them. Walkers need to have a copy of the route card in good time to allow for map familiarisation. Six figure grid references and post codes are included on the route card enabling people to use smart phone GPS technology. Key locations are linked to online maps. The route will be sent out as a PDF allowing these links to work. Walkers will be asked to carry fully charged mobile phones. Walkers should be made aware of OS Locate app. Organisers to maintain a live log on whereabouts of walkers as they pass through marshal locations. Walkers will only be walking within daylight hours.
Pre-existing medical	<ul style="list-style-type: none"> All participants will be invited to inform organisers about all pre-existing medical conditions. Where these exist, an action plan will be created, if the needs require such action. Walkers with a known medical condition will be advised to let any accompanying walkers have sufficient knowledge of the condition to ensure their safety in the event of an incident. (Eg People with epilepsy, diabetes, asthma).
d. Driving	
Tired drivers	<ul style="list-style-type: none"> Walkers should be encouraged to use public transport to get to and from the start/end point.
	<ul style="list-style-type: none"> Support drivers will be coordinated so that driving hours are restricted. Marshals need to be located/parked in areas where they pose no threat to safety from oncoming traffic.
Road accidents	<ul style="list-style-type: none"> The route has been designed to minimise time spent walking along roads. Where this route requires walkers to use highways there are pavements for pedestrians. No road crossings on this route are a cause for special concern. Marshals need to monitor walkers' condition/coordination as they pass through.
e. First Aid provision	<ul style="list-style-type: none"> Marshals need to be clear on what to do in the event of an incident. Walkers need to be briefed on how to call out a Mountain Rescue Team. Soft tissue injuries and blisters are likely to be the greatest cause for first-aid. Walkers should be briefed to carry a basic first aid kit that includes these items. A trained first aider needs to be based at the end location at all times
e. Health & hygiene	
Food poisoning	<ul style="list-style-type: none"> The kitchen team should ensure that high standards of hygiene are maintained with all aspects of food preparation as per their experience, training and qualifications.
Latrines	<ul style="list-style-type: none"> The organisers will brief walkers on toilet facilities available.

f. Food preparation	
Water	<ul style="list-style-type: none">• All water should be sourced from the water mains.
Food	<ul style="list-style-type: none">• Staff should ensure that high standards of hygiene are maintained with all aspects of food preparation.• Walkers should be briefed on suitability of food taken and prepared for consumption.• Food should be cooked through properly.• Food allergies need to be requested and checked for before the event.