

ULVERSTON WALKFEST 2023 RISK ASSESSMENT

General Description. The festival consists of 30 walks, some with an associated interest. Two walk leaders per walk must be suitably qualified and or experienced for their role. The programme indicates the level of difficulty of the walk and the website gives guidance on dress, equipment and how to keep safe on the fells.

Assessment Method.

Likelihood of Occurrence (1)	Severity of Outcome (2)
1. Highly unlikely ever to occur.	1. Slight inconvenience.
2. May occur but very rarely.	2. Minor injury requiring first aid.
3. May occur rarely.	3. Medical attention required.
4. May occur from time to time.	4. Major injury leading to hospitalization.
5. Likely to occur often.	5. Fatality or serious injury leading to disability.
Risk (1) x (2)	
1-5 = Low risk – risk controlled.	
6-12 = Medium risk – further precautions required.	
13-25 = High Risk – stop activity, immediate action required.	

Typical Risks.

- Blister, twisted ankle, slip/fall on grass, minor abrasion: Likelihood = 4, Severity = 2, Risk = 8 (Medium).
- Trip over rocks or uneven ground onto hard surface, serious sprain or asthma: Likelihood = 3, Severity = 3, Risk = 9 (Medium).
- Fall leading to broken limb, angina or hypothermia (following extended wait for help): Likelihood = 2, Severity = 4, Risk = 8 (Medium).
- Heart attack or stroke: Likelihood = 1, Severity = 5, Risk = 5 (Low).
- Traffic accident on a minor Road: Likelihood = 1, Severity = 4 or 5, Risk = 4 or 5 (Low).
- Traffic accident on main road: Likelihood = 2, Severity – 4 or 5, Risk – 8 or 10 (Medium).

Measures to Reduce Risks (to be implemented by walk leaders as appropriate):

- Route checked within a couple of weeks before the festival, and risk assessment completed considering such hazards as: traffic (including bikes), uneven/wet ground, slopes, dogs, weather, streams to be crossed, and difficult stiles to be climbed (especially on Easy walks).
- Warn walkers of the possible hazards on your walk.
- Keep within your experience, for the prevailing conditions, and turn back if necessary.
- Carry a map and compass, even if familiar with the route, a basic first aid kit, **torch** and fully charged mobile phone.
- On walks graded Moderate or Moderate-plus a survival bag/shelter should be carried and if poor weather is likely walkers' clothing should be assessed at the start. (Consider

carrying an extra walking pole to assist someone who lacks confidence on uneven terrain.)

- Keep group together, walk within the limits of all walkers and allow the slowest to dictate the pace. (It is useful to have topics of interest to talk about while you wait for stragglers, to mask the need for the pause and allow for stragglers to get a break.)
- Point out any hazards and help walkers over difficult terrain giving special attention to children, elderly walkers and those clearly lacking confidence.
- Avoid steep slopes, especially wet grass, and cross water at recognised sites.
- Stiles can present a significant issue and should be mentioned in the description on any Easy or Moderate walks (where walkers may be less mobile). Active help will be needed to ensure the safety of all by someone being on hand to offer assistance if necessary.
- If any serious medical condition is suspected (eg angina, asthma) monitor the walker regularly, take breaks and call for help (below) if condition deteriorates.
- If you need help call 999 and ask for Cumbria Police and then Mountain Rescue. Give casualty's location and nature of injury/illness. **Remain where you have a phone signal.**
- On roads keep group together, face on-coming traffic, and deploy people to front and rear to warn traffic - wearing high visibility vests.

ADDITIONAL OR NOTE WORTHY RISKS

WALK	ADDITIONAL RISKS	MITIGATING ACTION
Walk 1 – Swarthmoor David Jackson	Only risk linked to traffic. Several parts of the walk on minor roads but number on walk small (6 likely) and some paved sections. Risk is Low.	2 leaders with Hi Vis. Group warned and leaders alert to the problem.
Walk 2 - Coniston – Torver Circuit Dave Hughes	Steep and slippery slate stones on quarrymen's track. Two stiles: one ladder type with potentially slippery wood; one stone type over a 4-foot dry stone wall with a large distance between steps, which could be slippery if wet. Main road crossed twice.	Walkers warned and bad areas highlighted. Walk leaders closely supervise. Walk leaders closely supervise wearing high vis.
Walk 3 – Latterbarrow Sheila Bull	Short lengths of road walking at beginning and end. Rocky, steep climb up Latterbarrow with slippery grass decent if wet. Narrow stream with slippery stones to be crossed. Brash left after tree cutting/ trimming is a trip hazard in the woods. All Low Risk and in keeping with any fell walk.	For all: <ul style="list-style-type: none"> • All to warned. • Care to be taken. • Those lacking in confidence or agility to be helped (spare walking pole to be taken).

<p>Walk 4 – Ulverston Maritime Heritage Andrew Hudson</p>	<p>Crossing A590 between Ford Park and Canal Head – out and back.</p> <p>Crossing A5087 twice between Dragley Beck and A590.</p> <p>Walking along the road between Canal Foot and Sandside.</p> <p>Walking on narrow road between Sandside and Carter Pool.</p> <p>Short visit to view Ainslie Pier. Impassable at high tide. Optional section or some members wait at Canal Foot. High tide 2.20pm.</p>	<p>Use lights-controlled crossing at Swan Street/A590.</p> <p>Use lights-controlled crossing at Lightburn Park/A590.</p> <p>Bring group together and warn of danger. Leaders with hi viz vests at front and rear of group. Option of using Glaxo Sports ground but private land.</p> <p>Bring group together and warn of danger. Guides with hi viz vests at front & rear.</p> <p>Warn of need to avoid slipping. Drop option if high tide.</p>
<p>Walk 5 – Flookburgh Neil McLaughin- Cook</p>	<p>Train delays or cancellations. [Low Risk]</p> <p>Rickety stiles on hillside and shoreline. [Low Risk]</p> <p>Possibility of sheep and lambs on hillside and coastal marsh. [Low Risk]</p>	<p>Monitor National Rail inquiries (NRI) about planned engineering work and timetable changes [<i>done – no works planned and timetable is as shown in the Walkfest programme</i>].</p> <p>Monitor NRI from early Sunday morning to become aware of delays or cancellations for the outward journey.</p> <p>Monitor NRI from early afternoon on Sunday to become aware of delays or cancellations for the return journey.</p> <p>Alert walkers at start of walk. Give assistance as necessary.</p> <p>Advise owners to keep dogs on lead if necessary.</p>
<p>Walk 6 – Beacon Fell Lindsay Harrison</p>	<p>No additional risks.</p>	<p>See notes below generic risks</p>

<p>Walk 7 – Broughton Stan Aspinall</p>	<p>The walk criss-crosses the Town on some unpaved roads but traffic will be light and relatively slow moving. (Low risk)</p>	<p>Numbers have been kept to a maximum of 12 (rather than 20). Leaders will wear hi viz jackets and cover all the road sections. Walkers will be warned to take additional care at the start of the walk and before any road sections.</p>
<p>Walk 8 – Hampfell Simon Hughes</p>	<p>No additional risks.</p>	<p>See notes below generic risks</p>
<p>Walk 9 – Duddon Valley Stephe Cove</p>	<p>Minor road for first 200m. (Low Risk)</p> <p>Quarry spoil heaps. (Moderate Risk)</p> <p>Lengthen parts of the walk not on recognised tracks but are routed across country avoiding rock outcrops. (Moderate risk)</p>	<p>Hi Viz by leaders. Group warned.</p> <p>Route descriptions suggest walker bring a walking pole and a torch but no intention of going into mines. Spare pole taken.</p> <p>Walkers warned at start and monitored throughout. Special care given to any walker needing assistance.</p>
<p>Walk 10 – Textile Trail Jean Povey</p>	<p>No additional risks.</p>	<p>See notes below generic risks.</p>
<p>Walk 11 – High Dam Hike John Wealthall</p>	<p>Boardwalks. Relatively long section of Boardwalks over wet and uneven ground. All covered in wire mesh and in good condition. (Low Risk)</p> <p>Stiles. 3 significant stiles – all high and one has a small gate on top. (Medium Risk)</p>	<p>Warn group and keep space between each walker so they can see the route clearly. Passing anyone who is travelling in the opposite direction needs to be managed.</p> <p>Help walkers if necessary.</p>
<p>Walk 12 - Levens Hall/Sizergh Castle Julie Smith</p>	<p>Road Walking. Some of the walk is along minor roads (Low risk).</p> <p>Animals. There is a herd of goats and a herd of deer near to the pathways in the Levens Deer Park (Low risk).</p>	<p>Highlight at start of the walk. Walk in single file with a back marker – leader and back marker in high vis vests. Warn of approaching vehicles.</p> <p>Warn of likelihood. Proceed with caution and seek alternative route if necessary.</p>

	<p>Possible interaction with cattle (low risk).</p> <p>Traffic. Need to cross the busy A591 at Prizet. (Medium risk)</p> <p>Steep ascent over stone stiles in the fields from Prizet to Helsington.</p>	<p>Alert walkers - advance warning and instructions to dog owners to control their dogs unless cows agitated by them when they should be let off the lead.</p> <p>Bring the group together and warn of danger. Post guides with hi viz vests on either side of the group. Cross the road as a group via central reservation.</p> <p>Alert walkers at start of walk. Assist walkers over the stiles.</p>
<p>Walk 13 – Conishead Priory Linda Marshall</p>	<p>No additional risks.</p>	<p>See notes below generic risks.</p>
<p>Walk 14 – Grizedale Forest Dave Robson</p>	<p>Cyclists and Segway Riders.</p> <p>Forestry Commission Work.</p> <p>Stormy Conditions with threat of falling trees or branches.</p> <p>Some sculptures off tracks, including close forest and water hazards (including foot bridge with one rail). Trips: over rocks, uneven ground, loose gravel, hidden holes, roots. Scratches, cuts or eye poked from bramble or branches.</p> <p>Cattle.</p>	<p>Group warned at start and to warn other if seen.</p> <p>Warned of likelihood. local diversions and/or safe route followed if encountered</p> <p>Leader reserves the right to cancel or abort the walk.</p> <p>Conditions described with option to remain on track. Throw line carried by leader. Small streams avoided or Walking pole offered by leader.</p> <p>Group made aware of possibility & safe alternatives followed to minimize interaction.</p>
<p>Walk 15 – Dunnerdale Fells Neil Mclaughlin-Cook</p>	<p>Steep descents from Caw, Stickle Pike and The Knott. [Moderate Risk]</p>	<p>Alert walkers to take care. Monitor any lacking agility or confidence.</p>

<p>Walk 16 – Plumpton Wildlife Jane Carson</p>	<p>Road crossings: Hart Street, A590, North Lonsdale Road (Low Risk)</p> <p>Stiles: 2 moderately difficult stiles. (Low Risk)</p> <p>Plumpton Hall Lane: Traffic & potholes (Low Risk)</p> <p>Site of old mines: (Low Risk) Some subsidence & fenced off steep sided quarries.</p> <p>Top of Beach: (Medium Risk) The walk goes along the line of high tide between Plumpton and Canal Foot which after high tide is wet and slippery over an extended area of flat stones.</p>	<p>Ensure group are paying attention. Cross on crossings.</p> <p>Assist walkers over them.</p> <p>Point out dangers.</p> <p>Point out dangers .</p> <p>Walkers warned and those lacking in confidence or with mobility issues helped across the stones. Walk timed for 5 hours after high tide.</p>
<p>Walk 17 – Lowick Common Sheila Bull</p>	<p>Some of the stiles will be slippery if wet.</p> <p>Some quiet road walking/ crossing needing care.</p>	<p>Help those less agile.</p> <p>Brief, keep to Right facing traffic with Hi Vis front and back along road, or either way for a crossing.</p>
<p>Walk 18 – Birkrigg Christine Quiggin</p>	<p>Roads. A number of minor lane crossings and two sections walking along the lane for a short distance. (Low Risk).</p>	<p>At these points remind walkers to be careful of traffic. Hi Vis worn.</p>
<p>Walk 19 – Rusland Valley Dave Robson</p>	<p>Boardwalks (all Medium Risk):</p> <ul style="list-style-type: none"> • trips onto hard surface. • Caught in loose surface wire. • Fall from loose or springy board. • Fall due to board breaking. <p>Low hanging branches.</p> <p>Cattle, adders (Medium Risk), deer (Low Risk)</p> <p>Farm yards (dogs & machinery).</p> <p>Field spraying.</p>	<p>Point out the issues with the boardwalks before entering the reserve.</p> <p>Marshal walkers over any obvious defects.</p> <p>Warn, hold back if necessary.</p> <p>If cattle are encountered, stop, assess the situation and find a safe alternative route. Warn that adders might be present. If encountered: stop, assess the situation and seek an alternative route.</p> <p>Assess status of farmyard before entering. If any activity is ongoing then wait until it is safe to proceed or seek and alternative route.</p> <p>Stop, assess situation. Wait till safe to proceed or seek an alternative route.</p>

<p>Walk 20 – Spectacular Trees Martin Cooper</p>	<p>Traffic. Walk crosses B5285 twice (Low Risk) and A593 twice (medium risk). Both latter crossings include a 10m and 40m stretch of the road. One enters the road and one leaves the road via kissing gates, delaying group onto the road or getting off the road.</p> <p>Rocky Ascent. Walk ascends Tom Gill with a narrow rocky path, in places with a steep drop on one side. Plus a smooth rock section that should be crossed from the side. Can be slippery if wet. (Lisk Low)</p>	<p>Warn group. Gather together. Both leaders to wear hi viz and be positioned on the road prepared to slow or stop traffic if necessary. Both leaders very familiar with the crossings.</p> <p>Warn group. Monitor any walker who may find it difficult. At smooth rock Leader to man the crossing and ensure correct route taken.</p>
<p>Walk 21 – Wetherlam Peter Quiggin</p>	<p>The generic risk assessment items apply. In addition, the walk leaders will remind walkers to be particularly careful in the following few places on the day of the walk:</p> <p>Road. 200m along B5285 and across A593 at the start and end of the walk, in centre of Coniston village between main car park and minor roads leading to footpaths. Traffic speeds are low in Coniston village centre. Low Risk.</p> <p>Rocky Summit: Wetherlam summit very rocky, but has no large drops. Low Risk.</p> <p>Boulder-strewn track down from Levers Water weir awkward due to loose stones, but only used for 250m before turning off onto easier path. Low Risk.</p>	<p>Before setting off, and on return, remind walkers to be careful of traffic here.</p> <p>Warn walkers to be careful to avoid trips, especially here.</p> <p>Warn walkers to be careful of slipping on the loose stones on this descent.</p>
<p>Walk 22 – Cistercian Way John Wealthall</p>	<p>Stiles. 5 high or wobbly stiles which are awkward to get over. (Medium Risk)</p> <p>Roads. There are several road sections, especially towards the end, in particular:</p> <ul style="list-style-type: none"> • Crossing the Dalton to Barrow Road (Medium Risk). • From Piel Tower to Horse and Jockey PH (Medium Risk). 	<p>Help walkers as necessary.</p> <p>Walks on the R facing traffic and avoid changing on bends. Warn group in advance. Leaders to supervise the crossing. High Viz jackets to be worn.</p> <p>Warn group in advance of possible opposing pedestrian & Vehicle traffic. High Viz jackets.</p>

	<ul style="list-style-type: none"> Hawkfield to Little Urswick – Narrow lane with two-way traffic. (Medium Risk). Red Lane to Swarthmoor Hall – potentially busy road with ‘blind’ bends. (Medium Risk) . 	<p>Warn in advance. Single file. Leaders to wear High Viz jackets.</p> <p>Warn in advance. Single file. Leaders to wear High Viz with front leader ahead to slow traffic down., in particular on blind bends.</p>
<p>Walk 23 – Map reading Martin Cooper</p>	<p>Walk starts with 200m of the busy A5092 (Low Risk).</p> <p>Contouring along 300m of West side of Great Burney (Low Risk).</p>	<p>Warn walkers. Keep on the grass verge. Leader at rear wearing hi-viz.</p> <p>Walkers to keep away from steep slopes and concentrate on foot placing.</p>
<p>Walk 24 – Gummers How Alan Robinson</p>	<p>Mostly covered by the generic assessment. Potential for slips and trips in particular in wet weather, due to unevenness of paths and roots on far side of Gummers How. Use of minor road near Cartmel Fell Church.</p>	<p>Walkers briefed. Care taken with any walkers lacking agility. Walking Pole would help. Route can be shortened if proves difficult. Hi Viz warn on road.</p>
<p>Walk 25 – Falls & Gills Linda Marshall</p>	<p>No additional risks.</p>	<p>See notes below generic risks.</p>
<p>Walk 26 – Bank House Moor Mick Shaw</p>	<p>Crossing railway line between Dunnerholm and Marsh Grange.</p> <p>High probability of crossing fields with cows N of Marsh Grange.</p> <p>Crossing A595 at Gargreave.</p> <p>Walking on minor road between Standish Cote and Old Park</p> <p>Crossing A595 at Ireleth.</p>	<p>Bring group together and cross as one group.</p> <p>Give cattle space. Keep any dogs under close control.</p> <p>Bring group together and cross as one group</p> <p>Make sure we have back marker with high vis jacket.</p> <p>Bring group together and cross as one group. Leaders with Hi Viz covering each way.</p>
<p>Walk 27 – Goats Water Keith Raine</p>	<p>100m from carpark to minor road junction on narrow, busy road with no pavements (out and back). (Moderate Risk)</p> <p>Rocky path along side of Goats Water.</p>	<p>Warn group, leaders with Hi Viz front and back and cross as a controlled group.</p> <p>Keep an eye out for those lacking agility or confidence. Have a spare walking pole.</p>
<p>Walk 28 – Herb Wall</p>	<p>Crossing A590 (out and back) and North Lonsdale Road (NLR).</p>	<p>Cross by Swan Inn out using the Traffic light crossing. By</p>

<p>Judy Pickthall</p>	<p>Nesting Swans by to canal path. Fenced off. Could get excited, by large group and dogs – although walkers with dogs always passing.</p> <p>2 route options: via the shore path to Plumpton Hall or through the houses & past the quarry. Shore path very slippery if wet or tide just gone out. (Potentially High Risk)</p>	<p>Booths on return using central island. At NLR use high Viz and control crossing.</p> <p>Alert group and keep to left of path. Dogs on leads.</p> <p>High tide 7.2m at 9.38am. If warm sunny day limestone slabs may have dried out or sand exposed. If not then alternative route to be used. Leaders briefed of possible High Risk.</p>
<p>Walk 29 – Broughton Beck Neil McLaughlin- Cook</p>	<p>Several awkward stiles. [Low Risk]</p> <p>Fallen tree across [but not blocking] path near The Falls. [Low Risk]</p> <p>Possibility of herds of cattle near three farms, with calves. [Moderate risk]</p> <p>Shortly after Broughton Beck the route crosses the B5281, and follows it for about 100m. [Low Risk]</p>	<p>Give assistance as necessary, and use nearby gates instead if possible.</p> <p>Alert walkers to bend down.</p> <p>Alert walkers, and warn any walkers with dogs to release them if cattle are agitated or appear threatening.</p> <p>Warn walkers to keep in single file; and only cross when advised that it is safe to do so.</p>
<p>Walk 30 – Helsington- Scout Scar Sheila Bull</p>	<p>Crossing a busy road.</p> <p>Gentle ascent to the ridge of Scout Scar is covered in loose rock in places and there is danger of tripping.</p>	<p>Brief, bring together, Hi Viz coving traffic from both ways and control crossing.</p> <p>Warn. Keep an eye on and help the less agile, fit or confident. Spare walking pole carried.</p>