

# Ipswich Outdoor Group

## Walking Risk Assessment for East Anglia

The IOG defines East Anglia as Suffolk, Essex, Norfolk and Cambridgeshire.

If leaders and walkers follow the *IOG Walking Best-Practice Guidelines*, then the probability of accidents is considered to be low and the generic risk assessment below can be used.

| Hazard  | Severity | Probability | Countermeasures   |
|---|----------|-------------|---|
| Whole group getting lost  | Low      | Low         | See <i>IOG Walking Best-Practice Guidelines</i>   |
| Losing people   | Medium   | Low         | See <i>IOG Walking Best-Practice Guidelines</i>   |
| Medical conditions  | Low      | Low         | See <i>IOG Walking Best-Practice Guidelines</i>   |
| Injuries (falls, trips, sprains, blisters, burns, insect bites) | Low      | Low         | See <i>IOG Walking Best-Practice Guidelines</i>   |
| Hypothermia   | Medium   | Low         | See <i>IOG Walking Best-Practice Guidelines</i>   |
| Sunburn and dehydration   | Medium   | Low         | See <i>IOG Walking Best-Practice Guidelines</i>   |
| Tick bites and Lyme's disease                                   | Medium   | Low         | Thetford Forest is known in the UK for people to occasionally catch Lyme's disease through animal tick bites. Although possible, the probability is still low.<br><br>See <i>IOG Walking Best-Practice Guidelines</i> |
| Road crossing   | High     | Low         | See <i>IOG Walking Best-Practice Guidelines</i>   |
| Road walking  | Medium   | Low         | See <i>IOG Walking Best-Practice Guidelines</i>   |
| Hazardous features (steep hills, quarries, woods)               | Medium   | Low         | See <i>IOG Walking Best-Practice Guidelines</i>   |
| Walking by water (sea, rivers, lakes)                           | Medium   | Low         | See <i>IOG Walking Best-Practice Guidelines</i>   |