

ULVERSTON WALKFEST 2024 RISK ASSESSMENT

General Description. The festival consists of 39 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 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 - 2024

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 – Cartmel Fell Neil McLaughlin-cook	Traffic on turnpike. [Low Risk] Fallen trees and wet ground in Rankthorns Plantation. [Low Risk] Possibility of sheep and lambs. [Low Risk]	Advise walkers to walk in single file, and warn of any approaching traffic. Advise walkers to take care, offer support as necessary. Advise owners to keep dogs on lead if necessary.
Walk 3 – Oxen Park, Bethacar Moor Alan Robinson	2 wall stiles with no hand rails. Steep path down to Oxen Park.	Group warned and crossing controlled by both leaders. Alternative route taken.
Walk 4 – Map reading Martin Cooper	Walk starts with 200m of the busy A5092 (Low Risk). Contouring along 300m of West side of Great Burney (Low Risk).	Warn walkers. Keep on the grass verge. Leader at rear wearing hi-viz. Walkers to keep away from steep slopes and concentrate on foot placing.
Walk 5 – Local History Jean Povey	No additional risk to generic risks	See measures below generic risks
Walk 6 – Twixt Sheep and Water	Road crossings: From Canal to Beach. (Low risk) Short section of Plumpton Old Hall Road	Ensure that Walking Group are paying attention.

Jane Carson	<p>(Low risk)</p> <p>Stiles: There are 3 moderately difficult stiles. (Low risk)</p> <p>Top of Beach: Walk traverses mud and flat stones which can be slippery if wet or high tides. (medium risk)</p> <p>Through the fields: Rough ground, some stones and gorse bushes. (Low risk)</p>	<p>Assist walkers over the stiles.</p> <p>Walkers warned and those lacking in confidence or with mobility issues helped across the stones.</p> <p>Walkers requested to take care.</p>
<p>Walk 7 – Holme Fell Dave Hughes</p>	<p>Dissent from Holme Fell. This dissent is very steep and has now become eroded in some parts of the path from the summit. either side of the dissent path is covered by Heather and Hidden roots.</p> <p>Hodge Close - Steep drops into the quarry.</p> <p>As the group leaves Hogges Close under foot can be slippery due to small loose slate chippings.</p>	<p>The walking group will be warned of this hazard at the start of the walk and also as the group leaves the summit of Holme Fell.</p> <p>Give clear warning before approaching and keep walkers back from the edge.</p> <p>Group warned.</p>
<p>Walk 8 – Goats Water circuit (Dow & Old Man) Peter Quiggin</p>	<p>Road. 100m from car park to minor road junction on narrow, busy road with no pavements (out and back). Medium Risk.</p> <p>Rocky Summit Rocks: on Dow Crag. Medium Risk.</p> <p>Loose and slippy stones: on descent from Dow Crag to Goats Hause. Low risk.</p>	<p>Warn group, leaders with Hi Viz front and back and cross as a controlled group.</p> <p>Use the bypass path that avoids the summit rocks and warn any who want to climb up to the summit rocks to take extreme care.</p> <p>Warn and keep an eye out for those lacking agility or confidence. Have a spare walking pole.</p>
<p>Walk 9 – Local History Jean Povey</p>	<p>No additional risk to generic risks</p>	<p>See measures below generic risks</p>
<p>Walk 10 – 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>The route is on well-marked paths and tracks.</p> <p>The route twice crosses main roads.</p>	<p>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 11 – Silverdale Circuit Simon Hughes</p>	<p>No additional risk to generic risks</p>	<p>See measures below generic risks</p>
<p>Walk 12 – Dunnerdale Fells Neil McLaughlin-cook</p>	<p>Steep descents from Stickle Pike and Great Stickle. [Moderate Risk]</p>	<p>Alert walkers to take care, offer support as necessary.</p> <p>[Walkers advised by email on 13th April to bring walking</p>

	<p>Steep descent on narrow path through Stonestar Quarry. [Moderate Risk]</p> <p>Some wet and rough ground. [Low Risk]</p>	<p>poles; at least one spare pole will be available.]</p> <p>Alert walkers to take care, offer support as necessary. [Walkers advised as above.]</p> <p>Advise walkers to take care, offer support as necessary. [Walkers advised by email that some ground is wet and to wear boots, not shoes.]</p>
<p>Walk 13 – Local History Jean Povey</p>	<p>No additional risk to generic risks</p>	<p>See measures below generic risks</p>
<p>Walk 14 – Sir John Barrow Dan Elsworth</p>	<p>Low risk: crossing A590 when travelling from Dragley Beck into Ulverston and traffic in and around town.</p> <p>Low risk: trips or falls on footpath to/from Hoad.</p>	<p>2 leaders with Hi Vis. only cross at pedestrian crossing and use correctly. Otherwise, walkers will be reminded to keep to the pavement wherever possible.</p> <p>point out dangers, walkers to wear appropriate footwear.</p>
<p>Walk 15 – 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>Rocky Gulley down from after Boretree Tarn</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 is unlikely but needs managing.</p> <p>Warn walkers to watch their feet. Actively help if necessary</p> <p>Actively help walkers.</p>
<p>Walk 16 – Sizergh Scout Scar Sheila Bull</p>	<p>Cows with calves in field.</p> <p>Rough shaley sloping paths.</p> <p>Crossing wide road.</p>	<p>Keep group together & encourage them to Keep alert</p> <p>Encourage walkers to use sticks and take time.</p> <p>Give warning and keep watch as they cross. High Viz warn by leaders.</p>
<p>Walk 17 – Local History Jean Povey</p>	<p>No additional risk to generic risks</p>	<p>See measures below generic risks</p>
<p>Walk 18 & 37 – Improve Physical & Mental Wellbeing</p>	<p>Uneven ground, slippery mud and tree roots through woods, small rocks on beach Risk 2, Severity of outcome 2.</p>	<p>spare walking poles for balance and confidence.</p>

Linda Marshall	Some minor, quiet lanes risk 2, severity of outcome 2. Appropriate terrain and location utilised for three short taster walking styles: walking meditation, brisk walking and walking backwards	Hi viz jackets worn by leader and co-leader. Verbal warnings to group of approaching traffic. Walkers asked to walk in single file Advice and guidance given during activity
Walk 19 – Rusland Valley Dave Robson	Boardwalks (all Medium Risk): <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. Low hanging branches. Cattle, adders (Medium Risk), deer (Low Risk) Farm yards (dogs & machinery). Field spraying.	Point out the issues with the boardwalks before entering the reserve. Marshal walkers over any obvious defects. Warn, hold back if necessary. 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. Assess status of farmyard before entering. If any activity is ongoing then wait until it is safe to proceed or seek an alternative route. Stop, assess situation. Wait till safe to proceed or seek an alternative route.
Walk 20 – Cartmel Fell Lindsay Harrison	Branches underfoot. Vehicles on farm tracks and minor road. Bikes on bridleway. Stiles on ROW from SD 4150 8801. Slippery descent to car park at end.	Walkers to be warn at beginning and during walk. Help to be given at stiles.
Walk 21 – Bank House Moor Mick Shaw	Crossing railway line between Dunnerholm and Marsh Grange. High probability of crossing fields with cows N of Marsh Grange. Crossing A595 at Gargreave. Walking on minor road between Standish Cote and Old Park Crossing A595 at Ireleth.	Bring group together and cross as one group. Give cattle space. Keep any dogs under close control. Bring group together and cross as one group Make sure we have back marker with high vis jacket. Bring group together and cross as one group. Leaders with Hi Viz covering each way.
Walk 22 – Local History	No additional risk to generic risks	See measures below generic risks

Jean Povey		
Walk 23 – Cartmel Priory Dan Elsworth	Low risk: traffic in and around the village.	2 leaders with Hi Vis. walk leader and support to ensure group stays together, particularly in areas with limited space or no pavement, walkers to be reminded to keep to the pavement wherever possible.
Walk 24 – Barsea-Birkrigg Circuit Peter Quiggin	Limestone slabs on short section of beach near Baycliff can be very slippery when wet. Low Risk. Two crossings of A5087, once at Baycliff and the other one at Bardsea. Medium Risk.	Warn people to take care. Avoid the limestone rocks if wet, by walking on the sand wherever possible. Warn group and position leaders with Hi Viz front and back and cross as a controlled group.
Walk 25 – Greedodd Haverthwaite Sheila Bull	Road to cross. A tree is across a path. Danger of tripping	Warn to take care. Detour through low wall and round small trees to return to the path. Warn to watch for small branches at eye level.
Walk 26 – Local History Jean Povey	No additional risk to generic risks	See measures below generic risks
Walk 27 – Wartime Walney Mick Shaw	Walking along the top of the rifle range target butt, to view a recent artwork, with a sheer unprotected drop of between 2m and 3m Moderate Risk Also, vegetation, including brambles, gives a potential trip hazard.	Group stopped and hazard explained with opportunity for those who don't want to risk it to walk along the bottom of the revetment where a clear route is possible. I propose to clear as much of the vegetation as possible a few days before the walk.
Walk 28 – Beacon Fell Lindsay Harrison	Road leaving/returning to car park. (Low Risk) Stream crossing at Mere Beck GR 27479193. Unlikely to be problem unless very wet (Low Risk) Descent from Beacon can be slippery if wet with risk of slips & trips. (Low Risks)	Verbal warning and marshal walkers along the roadway and across the junction. Be prepared to move up stream to an alternative crossing place. Warn to be careful and lead down a route avoiding any wet grass from standing water, or if it's been raining.

<p>Walk 29 – Wetherlam Peter Quiggin</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. Rocky Summit: Wetherlam summit very rocky but has no large drops. Low Risk. 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. Warn walkers to be careful of slipping on the loose stones on this descent.</p>
<p>Walk 30 – Ulverston Maritime Heritage Andrew Hudson</p>	<p>Crossing A590 between Ford Park and Canal Head – out and back. Crossing A5087 twice between Dragley Beck and A590. 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 8.39am (2024).</p>	<p>Use lights-controlled crossing at Swan Street/A590. Use lights-controlled crossing at Lightburn Park/A590. 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. Bring group together and warn of danger. Guides with hi viz vests at front & rear. Warn of need to avoid slipping. Drop option if high tide.</p>
<p>Walk 31 – Furness Abbey Dalton Castle Neil McLaughlin-cook</p>	<p>Two crossings of main road. [Moderate Risk]</p> <p>Steep, uneven medieval spiral staircase in castle, with no handrail. [Low Risk]</p>	<p>Bring the group together and warn of danger. Leaders with hi viz clothes at front and back of the group. Alert walkers to danger; emphasise that, to avoid walkers crossing on the spiral staircase, they must descend via a broader Victorian staircase; suggest that any walkers who are wary of the spiral staircase could climb the Victorian stairs instead.</p>
<p>Walk 32 – Holme Fell John Wealthall</p>	<p>On leaving carpark and following beck have to negotiate a rocky hill with fallen tree obstacles, which if wet, could be slippery. (low/moderate risk)</p>	<p>Alternative route via road to Tilberthwaite High Farm and path across fields. If primary route taken warn of</p>

	<p>Descending Holme Fell (from Wainwright summit) path could be slippery when wet. (low/moderate risk)</p> <p>Colwith Force - waterfall with steep drops. (moderate risk)</p> <p>Cathedral Cave, climb up to inner level and exit through tunnel – only suitable for the more agile. Hands needed for scramble up, tunnel entrance uneven rock, tunnel final 20m gets a bit low. (Moderate risk but experience worth the risk for those able.)</p> <p>Hodge Close is an option on this walk – depending on time, fitness and views of the group. Steep drops into the quarry. (moderate risk)</p>	<p>obstacles and supervise anyone needed assistance. Warn walkers and oversee any walker lacking agility.</p> <p>Warn walkers. Keep to clear viewing positions only. Only take those clearly capable of managing it. Closely oversee scramble up to inner level. Oversee tunnel entrance and warn of height of tunnel towards the end.</p> <p>Give clear warning before approaching and keep walkers back from the edge.</p>
<p>Walk 33 – Medieval Ulverston Dan Elsworth</p>	<p>Low risk: traffic in and around town.</p>	<p>2 leaders with Hi Vis. walk leader and support to ensure group stays together, particularly in areas with limited space or no pavement, walkers to be reminded to keep to the pavement wherever possible. Road crossings will be made via designated pedestrian crossings where these are available.</p>
<p>Walk 34 – Facinating 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.</p> <p>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 35 – Silverdale to Arnside</p>	<p>Train delays or cancellations. [Low Risk]</p>	<p>Monitor National Rail inquiries about planned engineering work and timetable changes [<i>done on</i></p>

<p>Neil McLaughlin-cook</p>	<p>Two foot-crossings of the railway, one with a stile at each end. [Low Risk]</p> <p>Possibility of sheep and lambs. [Low Risk]</p> <p>Several stretches of limestone pavement. [Low Risk]</p>	<p><i>26th April – no works planned and timetable is as shown in the Walkfest programme].</i></p> <p>Monitor National Rail inquiries from early Sunday morning to become aware of delays or cancellations for the outward journey.</p> <p>Monitor National Rail inquiries from early afternoon on Sunday to become aware of delays or cancellations for the return journey.</p> <p>Advise walkers to cross carefully without stopping and then move away from the track to prevent bunching on the line.</p> <p>Also, for the crossing with stiles, ensure that walkers cross in small groups to prevent walkers waiting on the line to cross the second stile.</p> <p>Advise owners to keep dogs on lead if necessary.</p> <p>Advise walkers to take care especially if the weather is wet</p>
<p>Walk 36 – Herb Walk Judy Pickthall</p>	<p>No road sections and using main paths on Hoad.</p>	
<p>Walk 37 –</p>	<p>See Walk 18</p>	
<p>Walk 38 – 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.</p> <p>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.</p> <p>Throw line carried by leader.</p> <p>Small streams avoided or Walking pole offered by leader.</p>

		Group made aware of possibility & safe alternatives followed to minimize interaction.
<p>Walk 39 – Beating the Bounds of St John’s Church Martin Cooper</p>	<p>Several awkward stiles, especially coming down from Slate Road to Osmotherley. [Moderate Risk] Shortly after Broughton Beck the route crosses the B5281, and follows it for about 100m. [Low Risk]</p> <p>High stile with no hand rail, 3rd stile after leaving Broughton Beck. (SD 2853 8235) Also the 6th (SD 2873 8230) with unusual gate as a part of the stile.</p> <p>Gate into Ben Cragg Farm yard (SD2900 8170) – chained double gates. Quite difficult to open and close.</p> <p>Foot path down to Newland (SD 2992 7979) steep and would be slippery when wet.</p>	<p>Give assistance as necessary,</p> <p>Warn walkers to keep in single file; and only cross when advised that it is safe to do so. Give active assistance.</p> <p>Leaders to manage.</p> <p>Leaders to actively position themselves on the slope down to assist. If wet consider alternative route via Newland Bottom and locally permissive path to Newland.</p>