

Risk Assessment: Nordic Walking from Pragmasis Fitness

General Risk Assessment Categories for Nordic Walking

- 1.0 Participant
 - 1.1 Risk of exacerbating injury or illness
 - 1.2 Insufficient fitness for activity
 - 1.3 Insufficient endurance for activity
 - 1.4 Insufficient skills for activity
 - 1.5 Dehydration
 - 1.6 Insufficient nutrition
 - 1.7 Inappropriate clothing
 - 1.8 Risk of minor injury or illness
 - 1.9 Risk of major injury or illness
- 2.0 Equipment
 - 2.1 Risk of failure or breakage
 - 2.2 Risk to other participants from mishandling equipment
 - 2.3 Risk to public from equipment
- 3.0 Environment (General)
 - 3.1 Risk of slipping or falling
 - 3.2 Risks from hot weather
 - 3.3 Risks from cold weather
 - 3.4 Risks from rain/wet weather
 - 3.5 Risks from animals
 - 3.6 Risks from insects
 - 3.7 Risks from plants
 - 3.8 Risks from other members of the public
 - 3.9 Risks from bicycles
 - 3.10 Risks from road traffic
 - 3.11 Risks from off-road traffic
 - 3.12 Risks at night-time
 - 3.13 Risks of getting lost
- 4.0 Venue (Specific)
 - 4.1 Participant-specific risks
 - 4.2 Equipment-specific risks
 - 4.3 Environmental risks
- 5.0 Other risks

Risk Assessment –Nordic Walking from Pragmasis Fitness

Nature of Activity	Nordic Walking	Number of persons involved	1 to 12
	All Nordic walking activities	Frequency of Activity	Weekly

Assessed By	Sarah Walters	Date	26/07/2007
		Review	Last review 21/11/07

Hazard Ref.	Potential Effect	Score Low/Medium/High Risk			Current Controls	Additional Controls Required
		Consequences	Likely	Total		
Example 7.6	Weights dropped on body part causing injury				Instructors present, 'spotters' for all people bench-pressing	New grip tape for old equipment to minimise risk of objects slipping during lift
	PARTICIPANT					
1.1	Risk of exacerbating existing injury or illness	2	1	2	Instructor to complete PAR-Q form for each new participant. Instructor to obtain medical clearance if PAR-Q suggests participant may be at risk Instructor to check regular participants for new illness or injury	
1.2	Insufficient physical fitness for chosen intensity of activity	2	1	2	Instructor to complete PAR-Q form for each new participant Instructor to ask about previous activity levels and tailor activity on course to level of fitness of participant Instructor to regularly check on the progress of participants during the class and reduce intensity if required	
1.3	Insufficient endurance for chosen activity	2	2	4	Instructor to complete PAR-Q form for each new participant Instructor to ask about previous activity levels and tailor activity on course to level of fitness of participant Instructor to regularly check on the progress of participants during the class and reduce duration of activity if required Instructor to provide routes with bail-out options and shorter loops if required.	
1.4	Insufficient skills for chosen activity	2	2	4	Instructor to ensure all participants are attending a class suitable to their level of previous skill and experience. All participants must attend introductory session to learn basic skills	

1.5	Dehydration	2	1	2	<p>Risk depends on duration of activity and ambient temperature</p> <p>Instructor should advise participants to carry water for activities lasting longer than an hour, or always on a hot day.</p> <p>Instructor to carry emergency water supply for participants for activities lasting longer than one hour or on a hot day.</p>
1.6	Insufficient nutrition, particularly diabetics	2	2	4	<p>Instructor should advise participants to carry a snack for activities lasting longer than one hour.</p> <p>Instructor should carry emergency snack supplies on activities lasting longer than one hour.</p> <p>Instructor should check PAR-Q and be aware of the needs of diabetics in the group.</p>
1.7	Inappropriate clothing	2	2	4	<p>Participants should be advised about appropriate clothing and footwear before coming to lesson or on course.</p> <p>Web site should provide advice about suitable clothing and footwear</p> <p>Instructor should check participants' clothing and footwear before commencement</p> <p>Instructor should prevent people with unsuitable clothing or footwear participating if this poses a risk to health through becoming too hot or cold, through injury or slipping.</p>
1.8	Risk of minor injury or illness	2	2	4	<p>Participants should be asked if they are suffering from illness or injury prior to the activity</p> <p>Instructor should carry a charged mobile phone</p> <p>Instructor should carry a first-aid kit to deal with minor illness or injury</p> <p>Instructor should be aware of other sources of help on route e.g. café telephone park rangers</p>
1.9	Risk of major injury or illness	4	1	4	<p>Participants should be asked if they are suffering from illness or injury prior to the activity</p> <p>Instructor should carry a charged mobile phone</p> <p>Instructor should carry a first-aid kit to deal with minor illness or injury</p> <p>Instructor should be aware of other sources of help on route e.g. café telephone park rangers</p> <p>Instructor should be trained in first aid and CPR</p>

	EQUIPMENT				
2.1	Risk of failure or breakage	2	1	2	Instructor should always use high-quality equipment (poles) guaranteed against breakage and suitable for size and weight of participant Instructor should check poles before use to ensure they are properly assembled and straps and asphalt paws are in good condition Instructor should check any equipment brought by a participant and advise on its use in the class
2.2	Risk to other participants from misuse or mishandling of equipment	2	3	6	Instructor should always instruct participants on correct fitting, adjustment and use of poles during warm-up, cool-down and walking Instructor should always instruct participants in correct technique for removal and fitting of asphalt paw Instructor should observe and correct any errors in equipment handling seen during the class.
2.3	Risk to public from equipment	2	1	2	Risk to public is very small. Instructor should observe and correct any errors in equipment handling seen during class. Instructor should ensure participants keep poles close to them when entering crowded areas or narrow paths
	ENVIRONMENT				
3.1	Slipping and falling, particularly older participants with poor balance	3	2	6	Instructor should brief participants on suitable equipment for conditions on walk, in particular non-slip footwear Instructor should select a route suitable for physical ability of participants Instructor should warn participants about risks of falling where the surface is wet, loose or slippery Instructor should instruct class on correct ascending and descending technique Instructor should alter route to suit the ability of the participants if required Instructor should warn participants about uneven paths if and when they are encountered Instructor should ask all participants to look out for new potholes and point them out to the rest of the group

3.2	Hot weather risks: Dehydration, heat stroke, sunburn, insect bites. Particular risk to older people and children	2	3	6	<p>In hot weather, instructor should advise all participants to</p> <ul style="list-style-type: none"> - Carry water - Use sunscreen - Wear a hat and sunglasses - Use insect repellent or long-sleeved shirts and long trousers <p>Instructor should carry spare water Instructor should periodically ask participants how they are feeling and look for signs of heat stress such as redness, excessive sweating. Instructor should review if activity should take place if temperature is very high.</p>
3.3	Cold weather risks: Ice and snow, feeling cold, exposure, frostbite. Particular risk to older people and children.	2	3	6	<p>In cold weather, instructor should advise all participants before class to</p> <ul style="list-style-type: none"> - wear multiple layers of clothing including gloves and hat and scarf - take great care when placing poles and feet if ground is slippery - keep face covered if weather is very cold <p>Instructor should periodically ask participants how they are feeling and observe for signs of cold stress such as shivering and blue extremities. Instructor should review whether activity should take place if temperature is very low.</p>
3.4	Rain and wet weather risks: Getting wet and cold, slipping.	2	3	6	<p>In wet weather instructor should advise all participants to</p> <ul style="list-style-type: none"> - wear a waterproof and breathable jacket to keep dry and avoid build-up of sweat - wear a waterproof hood or cap - wear waterproof boots or shoes - wear waterproof overtrousers if rain is heavy or gaiters to protect trousers from wet grass <p>Instructor should repeat warnings to take care where the ground is wet or slippery Instructor should review whether activity should take place if ground is severely flooded or rain is very heavy. If area is prone to flooding route should be modified or checked before activity. Instructor should review whether activity should take place if thunderstorms are forecast Instructor should avoid activity during thunderstorms</p>

3.5	Risks from animals: Particular risk from dogs on footpaths, and risk to horses and riders	3	2	6	Dogs on footpaths are the main risk. Instructors should warn group to proceed quietly and avoid disturbing dogs if they are present on the route. Instructors should also keep the group quiet and walk slowly when approaching horses on the route. Instructors should avoid routes known to be populated by venomous snakes (unlikely to be present in the Midlands but check each venue).
3.6	Risks from insects: If people allergic they will be at greater risk	3	2	6	Participants should be advised to use insect repellent when travelling in areas where there are biting insects e.g. near ponds or lakes Instructor should check PARQ and make sure they know if anybody is allergic to stings. Participants should carry appropriate medication if they are allergic to insect bites. Instructor should have mobile phone and first-aid kit and be aware of places where help can be sought on the route.
3.7	Risks from plants: If people allergic they will be at greater risk	2	3	6	The main risk is from stinging nettles. Instructor should keep watch for nettles near the route, and warn participants when they are seen. Where routes are known to pass through nettle patches, participants should be advised to use long-trousers. Instructor should check PARQ and make sure they know if anybody is allergic to nettles. Participants should carry appropriate medication if they are allergic to nettles. Instructor should have mobile phone and first-aid kit and be aware of places where help can be sought on the route. If participant is allergic, instructor should modify route
3.8	Risks from other members of the public	3	1	3	Participants may be subject to verbal abuse and a very low risk of physical attack. Instructor should plan routes to be in open well-lit areas Instructor should plan routes in areas known to be at low risk from personal attack Instructor should carry a mobile phone to summon help
3.9	Risk from bicycles	3	1	3	Where possible, routes should be planned that avoid cycle paths Instructors and participants should listen and look for bicycles on dual-use paths and bridleways and canal towpaths and warn participants of their approach.
3.10	Risk from road traffic	4	1	4	Instructors should plan routes so that safe crossing points are available where possible. Instructors should warn participants when the route crosses a road and ensure that they pay attention to crossing, rather than Nordic Walking technique

3.11	Risk from off-road traffic	4	1	4	Instructors should plan routes to avoid tracks used by off-road traffic, such as 4 x 4, tractors, and off road motorcycles. Instructors should be vigilant for illegal use of footways, and warn participants of approaching vehicles
3.12	Night-time risks	4	2	8	Instructors should wear hi-viz reflective clothing or bands and carry a light Participants should be advised to wear hi-viz vests, bands or carry lights Instructor should provide lights for those who do not have them Routes should be planned such that they remain well-lit and appropriate to the level of the participants
3.13	Risk of getting lost	1	2	2	Instructor should keep class size small so all participants can be observed Instructor should keep count of participants as class progresses Instructor should ask participants to let them know if they drop out Instructor should rehearse each part of the route so people know where they will be going Instructor should agree a meeting point if the group are of different abilities and proceeding at different speeds Instructor should ensure all participants have their mobile phone number

Risk Assessment –Nordic Walking from Pragmasis Fitness

Nature of Activity	Nordic Walking	Number of persons involved	1 to 12
	Kingsbury Water Park	Frequency of Activity	Monthly

Assessed By	Sarah Walters	Date	Revised 21/11/07
	Adds route-specific hazards to generic risk assessment for Nordic Walking		

Hazard Ref.	Potential Effect	Score Low/Medium/High Risk			Current Controls	Additional Controls Required
		Consequences	Likely	Total		
Example 7.6	Weights dropped on body part causing injury				Instructors present, 'spotters' for all people bench-pressing	New grip tape for old equipment to minimise risk of objects slipping during lift
3.10	Car Park: Risk of injury due to bicycles or cars	4	1	4	Ensure all participants are briefed to look out for cars when crossing car park	
3.1	Field: Uneven surface Main risk: People who are unsteady on their feet falling and injuring themselves	3	2	6	Ensure all participants are warned that the grassy field can have uneven surface due to other uses. Instructor to point out any uneven areas and avoid where possible Instructor to choose smoothest part of field Instructor to check on progress of all participants regularly Instructor to modify route and use tarmac or smooth paths if more appropriate If major divots found, park authorities to be notified.	
3.5	Field: Dog excrement	1	3	3	Instructor to point out any dog excrement Instructor to plan route to avoid any dog excrement	
3.1	Field: Can be slippery if wet. Main risk: People who are unsteady on their feet risk injury	3	2	6	Instructor to warn all participants of likelihood that grass can be slippery Check all participants have appropriate clothing Check on progress of all participants Modify route if appropriate	
3.1	Footpaths: Can be uneven. Those unsteady on feet may trip and fall	3	2	6	Instructor to warn all participants of likelihood that paths can be uneven in places Instructor to continually evaluate terrain and warn people of changes when seen Instructor to ensure participants are instructed to give priority to looking where they are going on uneven surfaces, rather than to technique	

3.1	Footpaths: Poles can lose grip and slip when people are pushing hard. Most at risk are fitter participants using vigorous technique	2	3	6	Instructor to warn that poles may slip. Instructor to ensure group keeps adequate separation Instructor to warn people about possibility of tripping on poles if they slip
3.1	Lakes: Proximity to lakes mean small children may fall	4	4	8	This route is not suitable for small children. They should not be allowed to participate
3.5	Presence of horses: Main risk is to horse riders (horse bolting or rearing) and to participants (horse kick)	3	3	6	When passing horses, keep poles quiet and group quiet. Pass one by one. Warn riding school when passing and thank them when past. Cease to use poles when passing horses. Do likewise if horses are passing the group. Stop the group so horses can pass without fear.
3.10	Road: Risk of injury from road traffic inside park	4	1	4	Ensure when group is on road, we walk on right and wear high visibility clothing. Avoid using road on routes where possible. Warn participants when we are going onto a road.

Risk Assessment –Nordic Walking from Pragmasis Fitness

Nature of Activity	Nordic Walking	Number of persons involved	1 to 12
	Burgess Nature Park and Belgrave Lakes	Frequency of Activity	Weekly

Assessed By	Sarah Walters	Date	Revised 21/11/07
	Adds route-specific hazards to generic risk assessment for Nordic Walking		

Hazard Ref.	Potential Effect	Score Low/Medium/High Risk			Current Controls	Additional Controls Required
		Consequences	Likely	Total		
Example 7.6	Weights dropped on body part causing injury				Instructors present, 'spotters' for all people bench-pressing	New grip tape for old equipment to minimise risk of objects slipping during lift
3.10	Risk from road traffic: Participants may be hit and seriously injured.	4	1	4	There are potentially four road crossings depending on length of route. All are quiet roads. The route has already been chosen to minimise risk but three of these crossings are not marked pedestrian crossings. When crossing road, warn participants that we are crossing a road and warn them to look both ways and pay attention to road, not technique. Assist people with visual problems across road.	
3.1	Field: Uneven surface Main risk: People who are unsteady on their feet falling and injuring themselves	3	2	6	Ensure all participants are warned that the grassy field can have uneven surface due to other uses. Instructor to point out any uneven areas and avoid where possible Instructor to choose smoothest part of field Instructor to check on progress of all participants regularly Instructor to modify route and use tarmac or smooth paths if more appropriate If major divot found, Tamworth Council to be notified.	
3.5	Field: Dog excrement	1	3	3	Instructor to point out any dog excrement Instructor to plan route to avoid any dog excrement	
3.1	Field: Can be slippery if wet. Main risk: People who are unsteady on their feet risk injury	3	2	6	Instructor to warn all participants of likelihood that grass can be slippery Check all participants have appropriate clothing Check on progress of all participants Modify route if appropriate	
3.1	Field: Steep uphill and downhill slopes – inexperienced and unfit people, with poor balance, could slip and fall	4	2	8	Instructor only to use these slopes for experienced or fit clients to practice uphill and downhill technique. Other slopes are suitable for less experienced or fit clients to learn technique.	

3.1	Field: People playing football may kick ball against participants. May cause unsteady or older participants to fall	2	2	4	Check if a football game is in progress and use alternative footpath and pavement route round the field if there is a football game. This can be evaluated by sight before reaching the field.
3.1	Lakes: Proximity to lakes mean small children may fall into lake	4	2	8	This route is not suitable for small children. They should not be allowed to participate
3.5	Presence of horses: Main risk is to horse riders (horse bolting or rearing) and to participants (horse kick)	1	3	6	Route has been planned to avoid regular known horse-riding routes. However one part of the route is a bridleway. When passing horses, keep poles quiet and group quiet. Pass one by one. Warn riding school when passing and thank them when past. Cease to use poles when passing horses. Do likewise if horses are passing the group. Stop the group so horses can pass without fear.
3.1	Footpaths: Can be uneven. Those unsteady on feet may trip and fall	3	2	6	Instructor to warn all participants of likelihood that paths can be uneven in places Instructor to continually evaluate terrain and warn people of changes when seen Instructor to ensure participants are instructed to give priority to looking where they are going on uneven surfaces, rather than to technique
3.1	Footpaths: Poles can lose grip and slip when people are pushing hard. Most at risk are fitter participants using vigorous technique	2	3	6	Instructor to warn that poles may slip. Instructor to ensure group keeps adequate separation Instructor to warn people about possibility of tripping on poles if they slip
3.9	Bicycles: Some of the paths used are shared bicycle and pedestrian paths. Most at risk are those with hearing problems or visual impairment	3	2	6	Instructor to warn participants that bicycles share route and to look out for bicycles.
4.3	Bonfires: The route goes alongside allotments and sometimes there are bonfires producing smoke. Those with respiratory problems will be susceptible	2	1	2	Instructor to watch out for bonfires and modify route to take group away from smoke. The bonfires only happen infrequently.

Risk Assessment –Nordic Walking from Pragmasis Fitness

Nature of Activity	Nordic Walking	Number of persons involved	1 to 12
	Amington and Canal Route	Frequency of Activity	Weekly

Assessed By	Sarah Walters	Date	Revised 21/11/07
	Adds route-specific hazards to generic risk assessment for Nordic Walking		

Hazard Ref.	Potential Effect	Score Low/Medium/High Risk			Current Controls	Additional Controls Required
		Consequences	Likely	Total		
Example 7.6	Weights dropped on body part causing injury				Instructors present, 'spotters' for all people bench-pressing	New grip tape for old equipment to minimise risk of objects slipping during lift
3.10	Risk from road traffic: Participants may be hit and seriously injured.	4	2	8	There is one section along a moderately busy country road with national speed limit of 60mph for cars and sometimes limited visibility When crossing road, warn participants that we are crossing a road and warn them to look both ways and pay attention to road, not technique. Assist people with visual problems across road. Always wear high visibility clothing Instructor to lead and warn of hazards Instructor to cross to other side if visibility limited This route is suitable for experienced participants only	
3.1	Footpaths: Can be uneven. Those unsteady on feet may trip and fall	3	2	6	Instructor to warn all participants of likelihood that paths can be uneven in places Instructor to continually evaluate terrain and warn people of changes when seen Instructor to ensure participants are instructed to give priority to looking where they are going on uneven surfaces, rather than to technique	
3.1	Footpaths: Poles can lose grip and slip when people are pushing hard. Most at risk are fitter participants using vigorous technique	2	3	6	Instructor to warn that poles may slip. Instructor to ensure group keeps adequate separation Instructor to warn people about possibility of tripping on poles if they slip	
3.1	Canal towpath: Poles can lose grip and slip when people are pushing hard. Most at risk are fitter participants using vigorous technique	2	3	6	Instructor to warn that poles may slip. Instructor to ensure group keeps adequate separation Instructor to warn people about possibility of tripping on poles if they slip	

3.1	Canal towpath: Narrow so participants may knock each other with poles if they come too close, or knock each other sideways and potentially into the canal if they walk abreast	4	3	12	Participants must be warned to walk in line and not abreast along the towpath. Must be reminded to walk at a suitable separation. Instructor must watch group to ensure not getting too close or trying to walk abreast.
3.1	Canal: Proximity to canal mean small children may fall into canal	4	2	8	This route is not suitable for small children. They should not be allowed to participate
4.3	Canal boats: Mooring ropes may extend across towpath and cause participants to trip	4	2	8	Ensure participants are made aware of need to look out for and avoid ropes. Remind participants when we get close to ropes
4.3	Fishermen: Sometimes equipment is spread across path. Casting may cause hook to injure participants	3	2	6	Ensure participants are made aware that fishermen use the canal and that equipment may be in their way. Point out to participants when fishermen are spotted. Ask participants to stop until the fisherman is aware of their presence in case he casts the line unaware they are there. Ask participants to respect fishing and keep quiet as possible when passing.
4.3	Entry and exit slipways to towpath: Can be slippery with risk of falling	4	2	8	The slipways can be slippery when wet. Therefore, instructor should warn participants that these are slippery and to cease Nordic Walking technique and use the handrails to get up and down.
3.5	Presence of horses: Main risk is to horse riders (horse bolting or rearing) and to participants (horse kick)	1	3	6	Route has been planned to avoid regular known horse-riding routes. However one part of the route is a bridleway. When passing horses, keep poles quiet and group quiet. Pass one by one. Warn riding school when passing and thank them when past. Cease to use poles when passing horses. Do likewise if horses are passing the group. Stop the group so horses can pass without fear.
3.9	Bicycles: Some of the paths used are shared bicycle and pedestrian paths. Towpath is used by bicycles too. Most at risk are those with hearing problems or visual impairment	3	2	6	Instructor to warn participants that bicycles share route and to look out for bicycles. When a bicycle wants to pass, ensure that the group stand to the side and let all bicycles comes past before continuing.
3.5	Dogs: The towpaths are narrow and often used for walking dogs. Risk of biting injury if dog is unsettled by Nordic walking	3	2	6	Instructor to warn participants to cease using poles when passing dogs and to pass quietly and quickly.

Risk Assessment –Nordic Walking from Pragmasis Fitness

Nature of Activity	Nordic Walking	Number of persons involved	1 to 12
	Birchmoor, Polesworth and Amington Route	Frequency of Activity	Weekly

Assessed By	Sarah Walters	Date	Revised 21/11/07
	Adds route-specific hazards to generic risk assessment for Nordic Walking		

Hazard Ref.	Potential Effect	Score Low/Medium/High Risk			Current Controls	Additional Controls Required
		Consequences	Likely	Total		
Example 7.6	Weights dropped on body part causing injury				Instructors present, 'spotters' for all people bench-pressing	New grip tape for old equipment to minimise risk of objects slipping during lift
3.10	Risk from road traffic: Participants may be hit and seriously injured.	4	2	8	There are two quiet crossings and one more dangerous junction with traffic coming in several directions. When crossing road, warn participants that we are crossing a road and warn them to look both ways and pay attention to road, not technique. Assist people with visual problems across road. This route is suitable for experienced participants only	
3.1	Footpaths: Can be uneven. Those unsteady on feet may trip and fall	3	2	6	Instructor to warn all participants of likelihood that paths can be uneven in places Instructor to continually evaluate terrain and warn people of changes when seen Instructor to ensure participants are instructed to give priority to looking where they are going on uneven surfaces, rather than to technique	
3.1	Footpaths: Poles can lose grip and slip when people are pushing hard. Most at risk are fitter participants using vigorous technique	2	3	6	Instructor to warn that poles may slip. Instructor to ensure group keeps adequate separation Instructor to warn people about possibility of tripping on poles if they slip	
3.1	Canal towpath: Poles can lose grip and slip when people are pushing hard. Most at risk are fitter participants using vigorous technique	2	3	6	Instructor to warn that poles may slip. Instructor to ensure group keeps adequate separation Instructor to warn people about possibility of tripping on poles if they slip	

3.1	Canal towpath: Narrow so participants may knock each other with poles if they come too close, or knock each other sideways and potentially into the canal if they walk abreast	4	3	12	Participants must be warned to walk in line and not abreast along the towpath. Must be reminded to walk at a suitable separation. Instructor must watch group to ensure not getting too close or trying to walk abreast.
3.1	Canal: Proximity to canal mean small children may fall into canal	4	2	8	This route is not suitable for small children. They should not be allowed to participate
4.3	Canal boats: Mooring ropes may extend across towpath and cause participants to trip	4	2	8	Ensure participants are made aware of need to look out for and avoid ropes. Remind participants when we get close to ropes
4.3	Fishermen: Sometimes equipment is spread across path. Casting may cause hook to injure participants	3	2	6	Ensure participants are made aware that fishermen use the canal and that equipment may be in their way. Point out to participants when fishermen are spotted. Ask participants to stop until the fisherman is aware of their presence in case he casts the line unaware they are there. Ask participants to respect fishing and keep quiet as possible when passing.
4.3	Entry and exit slipways to towpath: Can be slippery with risk of falling	4	2	8	The slipways can be slippery when wet. Therefore, instructor should warn participants that these are slippery and to cease Nordic Walking technique and use the handrails to get up and down.
3.9	Bicycles: Some of the paths used are shared bicycle and pedestrian paths. Most at risk are those with hearing problems or visual impairment	3	2	6	Instructor to warn participants that bicycles share route and to look out for bicycles. When a bicycle wants to pass, ensure that the group stand to the side and let all bicycles comes past before continuing.
3.5	Dogs: The towpaths are narrow and often used for walking dogs. Risk of biting injury if dog is unsettled by Nordic walking	3	2	6	Instructor to warn participants to cease using poles when passing dogs and to pass quietly and quickly.
3.7	Nettles: There are nettles along the pavement on one road, and also along the side of one footpath on this route. If people are allergic this may cause problem	3	2	6	Instructor to warn participants that some parts of the route have nettles, and to wear long trousers. Instructor to alter route and avoid nettles if known allergy, otherwise to warn participants when nettled sections are approaching.

Risk Assessment –Nordic Walking from Pragmasis Fitness

Nature of Activity	Nordic Walking	Number of persons involved	1 to 12
	Pooley Country Park	Frequency of Activity	Monthly

Assessed By	Sarah Walters	Date	Revised 13/12/2007
	Adds route-specific hazards to generic risk assessment for Nordic Walking		

Hazard Ref.	Potential Effect	Score Low/Medium/High Risk			Current Controls	Additional Controls Required
		Consequences	Likely	Total		
Example 7.6	Weights dropped on body part causing injury				Instructors present, 'spotters' for all people bench-pressing	New grip tape for old equipment to minimise risk of objects slipping during lift
3.10	Risk from road traffic: Participants may be hit and seriously injured.	4	1	4	The only place where participants come into contact with traffic is in the Park car park, and the service road where Wardens' vehicles occasionally enter the Park. No additional controls required.	
3.1	Footpaths: Can be uneven. Those unsteady on feet may trip and fall	3	2	6	Instructor to continually evaluate terrain and warn people of changes when seen Instructor to ensure participants are instructed to give priority to looking where they are going on uneven surfaces, rather than to technique	
3.1	Footpaths: Poles can lose grip and slip when people are pushing hard. Most at risk are fitter participants using vigorous technique	2	3	6	Instructor to warn that poles may slip. Instructor to ensure group keeps adequate separation Instructor to warn people about possibility of tripping on poles if they slip	
3.1	Canal towpath: Poles can lose grip and slip when people are pushing hard. Most at risk are fitter participants using vigorous technique	2	3	6	Instructor to warn that poles may slip. Instructor to ensure group keeps adequate separation Instructor to warn people about possibility of tripping on poles if they slip	
3.1	Canal towpath: Narrow so participants may knock each other with poles if they come too close, or knock each other sideways and potentially into the canal if they walk abreast	4	3	12	Participants must be warned to walk in line and not abreast along the towpath. Must be reminded to walk at a suitable separation. Instructor must watch group to ensure not getting too close or trying to walk abreast.	
3.1	Canal: Proximity to canal mean small children may fall into canal	4	2	8	This route is not suitable for small children. They should not be allowed to participate	

4.3	Canal boats: Mooring ropes may extend across towpath and cause participants to trip	4	2	8	Ensure participants are made aware of need to look out for and avoid ropes. Remind participants when we get close to ropes
4.3	Fishermen: Sometimes equipment is spread across path. Casting may cause hook to injure participants	3	2	6	Ensure participants are made aware that fishermen use the canal and that equipment may be in their way. Point out to participants when fishermen are spotted. Ask participants to stop until the fisherman is aware of their presence in case he casts the line unaware they are there. Ask participants to respect fishing and keep quiet as possible when passing.
4.3	Entry and exit slipways to towpath: Can be slippery with risk of falling	4	2	8	The slipways can be slippery when wet. Therefore, instructor should warn participants that these are slippery and to cease Nordic Walking technique and use the handrails to get up and down.
3.9	Bicycles: Some of the paths used are shared bicycle and pedestrian paths. Most at risk are those with hearing problems or visual impairment	3	2	6	Instructor to warn participants that bicycles share route and to look out for bicycles. When a bicycle wants to pass, ensure that the group stand to the side and let all bicycles comes past before continuing.
3.5	Dogs: The paths are narrow and often used for walking dogs. Risk of biting injury if dog is unsettled by Nordic walking	3	2	6	Instructor to warn participants to cease using poles when passing dogs and to pass quietly and quickly.
3.7	Nettles: There are nettles along the pavement on one road, and also along the side of one footpath on this route. If people are allergic this may cause problem	3	2	6	Instructor to warn participants that some parts of the route have nettles, and to wear long trousers. Instructor to alter route and avoid nettles if known allergy, otherwise to warn participants when nettled sections are approaching.
3.1	Mud: Some of the paths can get very muddy in wet weather making it easy to fall, particularly on ascents/descents	3	2	6	Instructor to assess paths and modify route to avoid descents and ascents if there has been heavy rain. Instructor to warn participants if there is visible mud on route.
3.1	Gradient: There is one steep climb/descent in Pooley Country Park. Participants could slip when ascending/descending particularly if unfit or inexperienced	3	2	6	This route is for fitter participants and more experienced participants only. Instructor will not take beginners on this route. Instructor will warn that the route can be slippery and for participants to be extra careful when ascending/descending.

Risk Assessment –Nordic Walking from Pragmasis Fitness

Nature of Activity	Nordic Walking	Number of persons involved	1 to 12
	Burgess Nature Park and Kettlebrook Nature Reserve	Frequency of Activity	Weekly

Assessed By	Sarah Walters	Date	Revised 12/02/2008
	Adds route-specific hazards to generic risk assessment for Nordic Walking		

Hazard Ref.	Potential Effect	Score Low/Medium/High Risk			Current Controls	Additional Controls Required
		Consequences	Likely	Total		
Example 7.6	Weights dropped on body part causing injury				Instructors present, 'spotters' for all people bench-pressing	New grip tape for old equipment to minimise risk of objects slipping during lift
3.10	Risk from road traffic: Participants may be hit and seriously injured.	4	1	4	There are potentially five road crossings depending on length of route. All are quiet roads. One road crossing is not immediately obvious. There is only one main road crossing. The main road is crossed using a traffic-light controlled pedestrian crossing. When crossing road, warn participants that we are crossing a road and warn them to look both ways and pay attention to road, not technique. Assist people with visual problems across road.	
3.1	Field and Unsurfaced Footpath: Uneven surface Main risk: People who are unsteady on their feet falling and injuring themselves	3	2	6	Ensure all participants are warned that the grassy field and unsurfaced footpaths can have uneven surface due to other uses. Instructor to point out any uneven areas and avoid where possible Instructor to choose smoothest part of field Instructor to check on progress of all participants regularly	
3.5	Field and Nature Reserve: Dog excrement	1	3	3	Instructor to point out any dog excrement Instructor to plan route to avoid any dog excrement	
3.1	Field and Unsurfaced Footpaths: Can be slippery if wet and muddy. Main risk: People who are unsteady on their feet risk injury	3	2	6	Instructor to warn all participants of likelihood that grass can be slippery Check all participants have appropriate clothing Check on progress of all participants Modify route if appropriate	
3.1	Field and Nature Reserve: Steep uphill and downhill slopes – inexperienced and unfit people, with poor balance, could slip and fall	4	2	8	Instructor only to use these slopes for experienced or fit clients to practice uphill and downhill technique. Other slopes are suitable for less experienced or fit clients to learn technique.	

3.1	Field: People playing football may kick ball against participants. May cause unsteady or older participants to fall	2	2	4	Check if a football game is in progress and use alternative footpath and pavement route round the field if there is a football game. This can be evaluated by sight before reaching the field.
3.1	Lakes: Proximity to lakes mean small children may fall into lake	4	1	4	This route is not suitable for small children. They should not be allowed to participate. However this route spends less time close to water than other routes.
3.1	Footpaths: Can be uneven. Those unsteady on feet may trip and fall	3	2	6	Some paths are un-surfaced. Instructor to warn all participants of likelihood that paths can be uneven in places Instructor to continually evaluate terrain and warn people of changes when seen Instructor to ensure participants are instructed to give priority to looking where they are going on uneven surfaces, rather than to technique
3.1	Footpaths: Poles can lose grip and slip when people are pushing hard. Most at risk are fitter participants using vigorous technique. Most at risk on days when paths are wet or muddy	2	3	6	Instructor to warn that poles may slip. Instructor to ensure group keeps adequate separation Instructor to warn people about possibility of tripping on poles if they slip
3.9	Bicycles: Some of the paths used are shared bicycle and pedestrian paths. Mountain bikes use the rough paths in Kettlebrook. Most at risk are those with hearing problems or visual impairment	3	2	6	Instructor to warn participants that bicycles share route and to look out for bicycles. Instructor to ask all members of group to warn others if a bicycle or cyclists are approaching
4.3	Bonfires: The route goes alongside allotments and sometimes there are bonfires producing smoke. Those with respiratory problems will be susceptible	2	1	2	Instructor to watch out for bonfires and modify route to take group away from smoke. The bonfires only happen infrequently.
4.3	Air pollution: The route passes for a very short distance adjacent to the M42. People at risk are those with asthma and respiratory problems	2	1	2	Instructor to continually check on progress of participants and ask them if they have any problem with the fumes from the traffic.