

Health and safety policy

This is the statement of general policy and arrangements for:

Overall and final responsibility for health and safety is that of:

Day-to-day responsibility for ensuring this policy is put into practice is delegated to:

Naturist Ramblers Club

Executive Committee

Walk Leaders

Statement of general policy	Responsibility of	Action / Arrangements
To prevent accidents and cases of activity-related ill health and provide adequate control of health and safety risks arising from club activities	Club Executive Committee	Complete Relevant Risk Assessments and implement consequent actions.
To engage and consult with walk participants on day-to-day health and safety conditions and provide advice and supervision on occupational health	Club Executive Committee	At start of each walk, walkers are briefed on the plan for the day. This includes length and timing of the route, general topography, description of hazards relating to the route of the walk, ground and weather conditions.
To implement emergency procedures - evacuation in case of fire or other significant incident.	Club Executive Committee	Emergency procedures for each work site are documented separately for each walking route. These state the precise location, contact details, access to site, etc. Emergency procedures are brought to the attention of walkers at the start of each walk.
To maintain safe and healthy walking conditions: provide and maintain suitable first aid kits	Club Executive Committee	We take this as our responsibility, whilst encouraging walkers to advise us if they notice any shortcomings. First aid kits checked after each use and replenished / refreshed as necessary.
Health and safety law poster:	Copy of Health and Safety Law pocketcard (published 04/09) issued to each walker Is this required?	
First-aid box and accident book are located: Accidents and ill health at work reported under RIDDOR: (Reporting of Injuries, Diseases and Dangerous Occurrences Regulations)	Carried by Walk Leader Need to check if we are subject to RIDDOR reporting	
Signed: (on behalf of exec committee)		Date: 22 nd July 2016
Subject to review, monitoring and revision by:	Nat Ram Executive Committee	Every: twelve months or sooner if club activity changes

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What are the hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to manage this risk?	Action by whom?	Action by when?	Done
Slips and trips	Walkers may be injured through falls on sloping or wet ground, or through tripping over stumps, tree roots, holes	Assess this hazard as the walk progresses and communicate with walkers.		<i>Walk Leader</i>	<i>ongoing</i>	
Weather conditions	Walkers may be put at risk by extreme weather conditions including heat, cold, strong sunlight, heavy winds, etc	Remind walkers of specific risks at start-of-day briefing session. Advise use of suitable protection e.g. drinking water, sun-screen, hats, etc. Ensure that adequate rest-breaks are taken commensurate with conditions. Safety blanket included in first aid kit.	Choose to shorten or reroute the walk if conditions deteriorate	<i>Walk Leader</i>	<i>ongoing</i>	
Biological hazards	Walkers may suffer stings, bites or allergic reactions through contact with plants and animals along the route. Also a risk of infections from animal faeces, urine and groundwater.	Remind walkers of specific risks for location / season. For example: ticks, horseflies, brambles and nettles, umbelliferous plants, pollen levels at start-of-day briefing session. Tick removal tool included in first aid kit. Suggest use of insect repellents, antihistamine. Avoid contact with groundwater. Advise use of hand cleansers before eating or drinking.		<i>Walk Leader</i>	<i>ongoing</i>	
Forestry and agricultural activities	Walkers may suffer injury from operational machinery, falling trees, chemical over-spray, etc	Always heed safety signage and directions from operatives when passing by any active work sites. Note direction of wind when approaching agricultural spraying and reroute if necessary. Do not permit walkers to climb or sit on forestry log stacks or farm machinery.	Reroute walk if necessary to avoid hazardous work operations	<i>Walk Leader</i>	<i>ongoing</i>	
Falling trees and branches	Walkers may be injured by falling trees or branches, either as a result of work operations or spontaneous collapse of dead or diseased trees.	Walk leader to check for overhead hazards as the walk proceeds and communicate with the walkers. Particularly applies when weather is windy.		<i>Walk Leader</i>	<i>ongoing</i>	
Animals	Injuries may be caused by contact with horses or large farm animals	Always give way to horse-riders, standing well clear of the track if safe to do so. Avoid unnecessary disturbance to farm animals. Walkers with dogs to keep them on short leads in the presence of farm animals.		<i>Walk Leader</i>	<i>ongoing</i>	
Gates, stiles, fences and footbridges	Walkers may be cut by barbed wire, shocked by electric fences, sustain injury crossing poorly maintained infrastructure	Specific risks to be pointed out to walkers as encountered. Individuals to be offered appropriate assistance. Always assume electric fences are switched ON. Ensure that every gate is left as it was found.		<i>Walk Leader</i>	<i>ongoing</i>	
Public roads	Walkers and road users while crossing or following public road. Poor sight-lines on narrow country lanes.	Get group together before crossing or following public roads. Deploy lookouts as necessary. Walk in single file facing oncoming traffic. Advise hi-viz for lookouts and first and last walker.		<i>Walk Leader</i>	<i>ongoing</i>	
Fragmentation	Risk of slower walkers being left behind and lost	Appoint a tail-end charlie with telephone contact to walk leader. Allow time for stragglers to catch up periodically, particularly when route deviates. Make head-count at start and at regular intervals. Account for anyone missing.		<i>Walk Leader</i>	<i>ongoing</i>	

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Combined risk assessment and policy template published by the Health and Safety Executive 11/11