

**SDOS Birding Walks Risk Assessment Form:**

Assessor: Tony Benton and Richard Allan : Date of Assessment 19 August 2022

Location: Truleigh Hill, South Downs Way, Room Bottom, Monarchs Way and associated footpaths.

Brief Description: The starting point for walks will be advertised in advance as there are several options. Most walks in this area will be undulating with a few quite steep sections. Some people with mobility problems could find themselves challenged, and if you become breathless on exertion then it's best to discuss with the walk leader in advance. Refreshments sometimes available at the YHA, Truleigh Hill.

Suggested clothing: Clothing that is appropriate to the weather conditions; strong footwear or wellington boots after rain. Sandals are not recommended. This walk is most likely on offer in spring and summer - but mud is possible after torrential rain

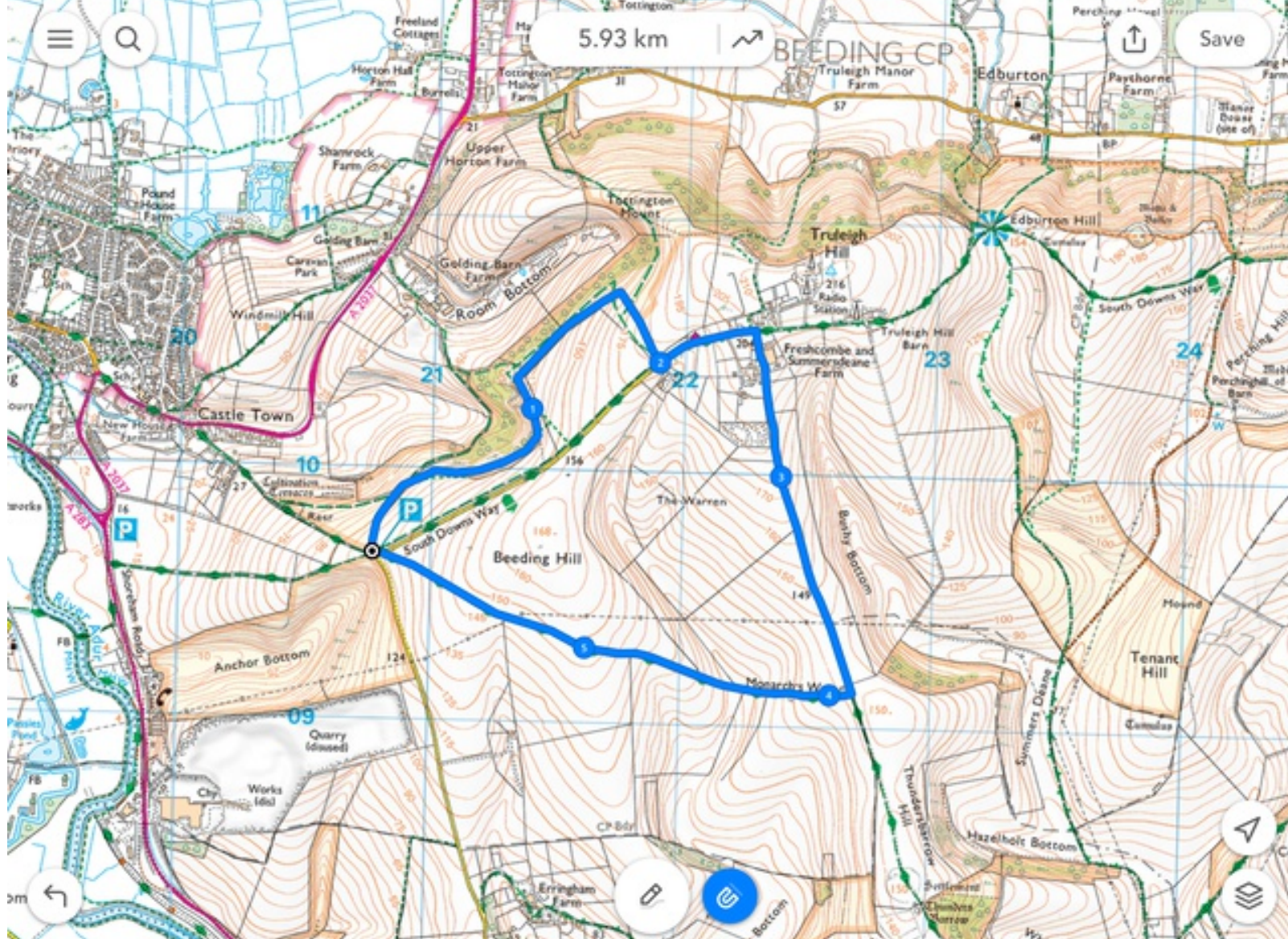
<b>Hazard</b>	<b>Who might be harmed</b>	<b>Evaluation of Risk</b>	<b>Risk mitigation measures</b>	<b>Comments</b>
Bad weather	All participants	Low / Medium	Cancel or curtail walk	Monitor weather forecast
Lightning storms	All participants	Medium	Cancel or curtail walk	Monitor weather forecast
Snow and ice	All participants	Low / Medium	Cancel or curtail walk	Monitor weather forecast
Darkness, cloud, fog	All participants	Low	Cancel or curtail walk	Monitor weather forecast
Hot weather	All participants	Low/medium	Participants should bring a drink and wear suitable clothing and consider the need for sunscreen	Monitor weather forecast
Uneven walking surfaces	All participants	Medium	Suitable walking shoes or boots are recommended	Participants to ensure that suitable footwear is available to them.
Muddy conditions	All participants	Low	Walking boots or wellington boots	Monitor weather forecast
Standing water and flooding	All participants	Low	Adjust route	Monitor weather forecast
Slippery surfaces	All participants	Low	Adjust route	A walking pole or similar might help some people.
Steep slopes	All participants	Low	Participants to judge their own capabilities	One section of the Monarchs Way is quite steep, be aware if you suffer from breathlessness on exertion.

Trip hazards	All participants	Low	Participants to judge their own capabilities and take care	
Stiles and gates	N/a			
Barbed wire, electric fences	N/a			
Obstructive vegetation	N/a			
Stinging or thorny plants	All participants	Low	Some extra care required where hawthorns are close to the footpath.	
Falling trees or branches	N/a			
Biting insects	All participants	Low	If wearing shorts or similar, be aware of very low possibility of ticks	Consult a GP if a tick bite is suspected
Snakes	N/a			Not known on this walk.
Farm or other animals	All participants	Low	Although unlikely, any farm animals encountered should be given a wide berth and not cornered	
Cycles (and possibly horses being ridden)	All participants	Medium	The South Downs Way is popular with cyclists - take care as their approach might not be heard.	It's worth participants recognising that the South Downs Way is a shared space. Some cyclists ride it at very high speeds. Don't assume it is a completely benign environment. Horses can be encountered on the Monarchs Way.


**See map below of one of the standard routes.**

19:29 Wed 17 Aug

89%



5.93 km

BEEDING CP

Save

Castle Town

Beeding Hill

Truleigh Hill

Edburton

Anchor Bottom

Quarry (disused)

Works (old)

Truleigh Hill Barn

Freshcombe and Summersdeane Farm

Tenanc Hill

5m

CP Bdr

Erringham Farm

Bottom

Trundlestone

Hazelholt Bottom

Co