

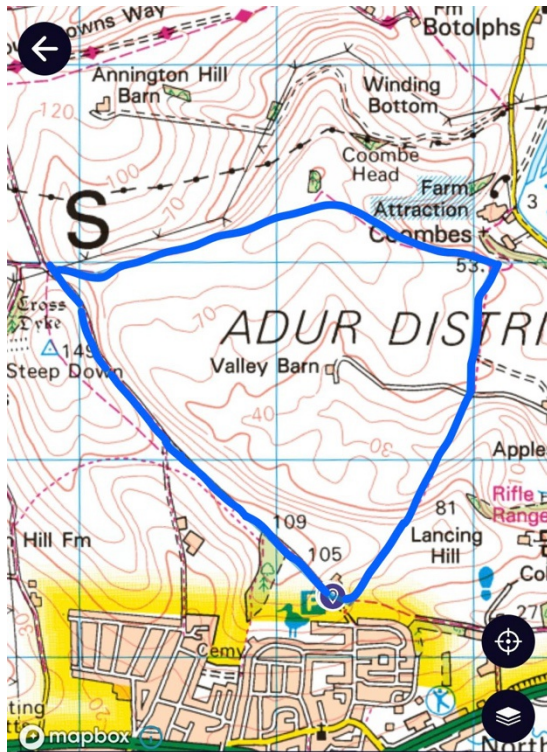
## SDOS Birding Walks Risk Assessment Form:

**Assessor:** Tony Benton : Date of Assessment 18 September 2023

**Location:** Steep Down/Lancing Ring/Coombes

Meet at Lancing Ring Car Park, at the very top of Mill Road, North Lancing. (OS TQ182062) /connector.chapters.kneeled. BN15 0QW

### Brief Description:



A circular and undulating walk of 4 miles. Includes a short, steepish path, leading down to Cowbottom Hovel (real name), and some steepish up and down sections at Steep Down. Some people with mobility problems could find themselves challenged by the distance or terrain. Overall, a very pleasant walk across the Sussex Downs, but with no facilities of any kind. The car park is free. This is considered to be a low risk level walk for people with a reasonable degree of fitness.

**Suggested clothing:** Warm, waterproof clothing depending on weather conditions; strong footwear or wellington boots after rain. The walk is exposed to the weather elements.

Hazard	Who might be harmed	Evaluation of Risk	Risk mitigation measures	Comments
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.	Monitor weather forecast
Uneven walking surfaces	All participants	Low	Suitable walking shoes or boots are recommended . Some paths will be uneven or rutted.	Participants to ensure that suitable footwear is available to them
Muddy conditions	All participants	Low	Walking boots or wellington boots - especially after rain.	Monitor weather forecast
Standing water and flooding	All participants	Low	Adjust route	Monitor weather forecast
Slippery surfaces	All participants	Low	Adjust route	One section is downhill. A walking pole or similar might help some people.
Steep slopes	All participants	Low	Participants to judge their own capabilities - bearing in mind a couple of steepish sections.	
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	All participants	Low	Possibility of brambles and stinging nettles.	People to take care, be aware.
Stinging or thorny plants	As above			

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 route.			
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	Low	Parts of this walk is popular with cyclists - take care as their approach might not be heard	It's worth participants recognising that mountain bikes can approach at speed and silently. Don't assume it is a completely benign environment