

SDOS Birding Walks Risk Assessment Form:

Assessor: Tony Benton with input from Bernie Forbes **:Date of Assessment: 12 October 2024.**

Location: East Head & Snowhill Marsh: Meet at the far west end of East Head car park, West Wittering at 09:30 am map Ref 197?SZ765984. Distance approx 6 Km in two parts. Toilets nearby. All day, leader Bernie Forbes. Car park fees apply, cash or cards are accepted £3 (suggest you have both available).

Brief Description: A walk that includes a mixture of terrains - it's a flat walk along the beach with sand, shingle and tidal hard mud. If it's a very high tide then we may have to take a walk in the dunes at some part of the walk.

Suggested clothing: Warm, waterproof clothing depending on weather conditions; strong footwear or wellington boots after rain.

Fluids: Please bring sufficient fluids appropriate to the weather conditions.

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	Low/Medium	Cancel or curtail walk. Care with tripods.	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 - likely to be a winter walk.
Uneven walking surfaces	All participants	Low	Suitable walking shoes or boots are recommended. Wellington boots if it has been very wet.	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. In extreme conditions cancel the walk.	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	A flat walk but sand dunes can be uneven.
Trip hazards	All participants	Low	Participants to judge their own capabilities and take care. Roots might pose a low risk trip hazards, so people must take care.	If trip hazards are known in advance, share knowledge with all participants.
Stiles and gates	All participants	Medium	At least one stile will be encountered and participants might need to assist each other.	
Barbed wire, electric fences	N/a			
Obstructive vegetation	N/a			
Stinging or thorny plants	N/a			
Falling trees or branches	N/a		If high winds are forecast and there is a risk of falling branches anywhere on the walk, consider cancelling the walk.	

Biting insects	All participants	Low	If wearing shorts or similar, be aware of very low possibility of ticks. This walk is likely to be a winter walk but that could change in subsequent years.	Consult a GP if a tick bite is suspected. Remember Lyme disease is not to be taken lightly.
Snakes	N/a			
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	Even on public footpaths cycles and horses could be encountered - so awareness is required and participants should try to look out for each other.	
Cars or other vehicles - including farm vehicles.	N/A			
Walk leaders are not provided with First Aid kits, nor are they expected to be First Aid trained.	All participants must take this into account and must also bring with them any medication that might be required.			