



Wild Food Foraging/Wild Walks South West Generic Risk Assessment

Activity, Risk and Hazard/s	Who's at Risk? (Client, Guide, both)	Level of Risk 1-5 (5 - fatal, 4 - permanent disability, 3 - hospitalised, 2 -minor, 1 - damage with no injury)	How Likely? 1-3 (3 Highly, 2 Possible, 1 vey unlikely)	Actions and Controls	Actions by
Covid-19	Both	5	1	No persons to attend who are; considered clinically vulnerable or high-risk, have symptoms, are caring for someone with COVID-19 or have currently tested positive.	Guide and client
Slips, trips and falls	Both	5	1	Hazards to be identified before walk, action taken and/or given on walk. Advise beforehand on footwear and preparation through course promotion. Advise on types of hazards - e.g. slippery surfaces, loose rocks/gravel, stiles, uneven surfaces for each event.	Guide

Falls from height	Both	5	1	Hazards and their locations identified before walk and advice given on walk and highlighted through literature. Mobile and first aid kit to be carried. Keep to footpaths and safety guidance when off paths (where relevant and guided, e.g. rockpools)	Guide
Collison with moving objects (Vehicles, bikes, horses)	Both	5	1	Awareness of roads and all hazards identified before walk and advice given on walk. Road safety and risks highlighted before and during and clients advised not to follow guide when crossing road, though to take care of their own safety and cross roads (for example) only when they feel safe and according to their abilities (e.g. quickness).	Guide
Drowning	Both	5	1	Keep to footpaths and identify hazards before and during walk. Advice to be given on behaviour near water and risks of coastal paths.	Guide
Cut off by tide/get wet	Both	2	2	Guide to know and highlight tide times and specific advise to be given before and during walk re. Water and tide risks (see also slips, trips and falls)	Guide
Falling objects (branches, rocks, stones) and obstructions	Both	3	2	Locate hazards (and deal with, if possible) beforehand or give advice during walk. Guide to carry mobile phone and first aid kit.	Guide
Animal bites (insects, dogs, livestock)	Both	2	2	Knowledge of location of livestock, avoiding relevant fields or giving advice if unavoidable. Identify hazards beforehand and during. Including advice before and during re. any dogs in the group (e.g. only well behaved dogs on leads) and to bring any personal medication.	Guide

Muscular-skeletal damage (over-exertion), exhaustion or illness.	Both	3	1	Advice on difficulty of the walk, length and any steps/stiles and fitness required prior to booking. Reiterate length and terrain before walk and alter route/speed if necessary and where possible. Advise alternatives to anyone who feels unable to fully participate due to injuries, ability or fitness. Advise given on weather and advised to clients to check weather on the day as well as check a few days before (e.g. risks of wind burn/tiredness, sun screen/sun burn and coldness)	Guide and client
Hypothermia	Both	2	1	See above, including advice on clothing and clients to check weather forecast. Advice on website/pre-booking and after booking.	Guide and client
Cuts or burns from cooking flame or kitchen knives	Both	3	2	Highlight hazards and safe methods of cutting and cooking, highlight fire exits and fire blanket, emergency exit, and congregation point in unlikely case of a fire. Offer assistance where appropriate re. cutting techniques and clear away any additional hazards while cooking and preparing.	Guide
Allergies and existing medical conditions	Client	5	3	Where cooking is involved, ask about allergies and any other conditions beforehand (from up to date list of current potential allergies). Prior to walks ask about any relevant allergies (e.g. celery or mustard) and also allergies/food intolerances prior to making walk tasters. Be transparent with ingredients of tasters and clients asked to make other arrangements if certain ingredients can't be avoided.	Guide and client
Cuts, burns and stings from plants (vegetation) or structures	Both	2	2	Risks known and highlighted before and during introducing different plants (e.g. nettle stings and irritating hairs from rosehip fruits). Other hazards highlighted where known, including brambles and any other obstructions. Obstructions removed if possible. First aid kit carried.	Guide

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Getting lost - loss of direction or poor weather	Both	1	2	Highlight length and difficulty of walk beforehand and length of time of the walk, check weather forecast and highlight the need to stay together as a group (only leave if permission from guide). Check group numbers regularly. Change date or shorten walk for safety reasons if necessary.	Guide
Electrocution (stock fencing)	Both	2	1	Identify and highlight any electric fences. Advice given before and during the walk.	
Reaction from plants/flora or eating wrong/poisonous plants	Both	5	1	Clients to inform of any allergies before walks/cooking and given clear guidance of plant identification, including the rule - if you're not 100% sure, don't pick. Health and safety briefing given at the start of the walk, and includes waiting for instructions before tasting plants, as some look-alikes and poisonous plants maybe highlighted during the course. All clients advised to taste at own risk and choice.	Guide and client
Pollution (including contaminated water) on wild foods being tasted	Both	2	1	Research area and potential risks. Only teach in areas where risk is nil or low. Highlight additional potential unseen risks such as pesticides or unseen and unpredictable contamination via humans, animals, birds or machine. Advise clients to taste at own risk, to bring own water to rinse wild foods first. Highlight potential pollutants and level of risk from contamination.	