

Health and Safety documentation for save the Teifi Walk

<u>Organiser</u> Ffynnone Community Resilience	<u>Date health and safety form written</u>	<u>Date of event</u> 11/August 2023	<u>Location</u> Starting at LLechryd cricket club walking along designated route to Poppit sands.	
<p>The event: The save the Teifi walk is an event organised as a gathering of people who will be walking along a designated route from Llechryd Cricket Club to poppit Sands to highlight the problem of pollution in the river Teifi. It will culminate with activities on Poppit Sands. At all times it is up to the individuals who choose to take part in the event to accept responsibility for their own care and safety and that of any minors in their care. Participants will be given safety advice at the beginning of the walk which will point out the areas of safety that they need to be aware of. Participants will be reminded that dogs should be always kept on leads and are not allowed in the football ground but can go to the picnic area adjacent to the ground.</p>				
<u>Location of Risk</u>	<u>Hazard or Hazard Source</u>	<u>Risk of,</u>	<u>Control Measures to reduce the Risk</u>	<u>Severity of Risk</u> <u>0 -10</u>
LLechryd Cricket Club Parking	Vehicles	Pedestrians being hit by a car as it is being parked	Make sure that the cars are directed to parking spaces and that when exiting the cars pedestrians walk towards the assembly site away from parking cars.	1
Road from LLechryd Cricket club to the path by the bridge at LLechryd.	vehicles on the road	Pedestrians being hit by vehicles on the road	Walkers will be asked to walk on the righthand side of the road in accordance with the highway code. No more than two a breast. Marshals will ware high viz jackets spreading themselves out along the line of walkers. Participants with minors will be reminded to have them walking on the inside next to the hedge.	4
Footpath from Llechryd to Cilgerran	Water (River Teifi)	People falling into the river	People will be reminded that this is a fast-flowing river and therefore they should not be playing along the river bank. They should stick to the path and where appropriate walk single file when the path is narrow.	6

	Footpath	Tripping hazards the path can be uneven underfoot due to roots and stones	Participants will be reminded to look where they are walking and to take care as the ground is uneven and there are roots and stones that stick up,	3
	Muddy conditions	Slipping on muddy paths	Participants should take care when walking on the slipper parts of the path so as not to slip up. They should give enough space between the person in front and themselves so as not to fall over should someone slip.	3
Steeper bank to the right of the path near house,	Steep bank	Falling down bank	Participants should take care not to walk near the edge when the path has steeper banks so as not to fall down the bank	1
	Overhanging branches	Hitting head	Participants should be vigilant at all times and make sure that they are aware of what is ahead of them and take appropriate action to avoid any hitting of heads if any lower branches are hanging across the path.	2
	Steps on the path	Slipping or falling on the steps.	A couple of places have steps made of slate they can be slippery when wet and participants should make sure that they take the steps sensibly and carefully to avoid slipping	3
Dal – badau car park	vehicles	vehicles parking	Participants need to be aware that this is a carpark and therefore be vigilant for any vehicles parking or moving off.	3
Road from Dal-badau to siop-Pentre.	vehicles	vehicles driving down the road	Vehicles drive down the narrow road to park. Participants should walk on the right-hand side single file up the hill being aware of any oncoming vehicles	4

Walking through the Village towards the Cwm	vehicles	Vehicles driving along roads	Participants should take care on roads walk on the right-hand side and be aware of cars.	2
Path down to the Cwm crossing the Plysgog	Steep Path	Path can be slippery at the top.	Participants should use the hand rail to the right of the path if concerned about the steepness or slippiness of the path.	3
Field containing livestock	Livestock	Livestock biting kicking or running	This field usually has sheep in it. Participants must not attempt to stroke feed or interact with the animals. Walk calmly around animals if they are on the path avoiding animal waste.	2
Pine Wood to the north of Cilgerran.	Roots.	Tripping	The roots in this wood are quite pronounced, participants must be careful to take note of where they are walking so as not to be tripped up by them.	4
	Bridges	Worn slats	Participants need to be aware that one or two of the slats on the bridge are rotten and so not to walk on these slats but step over them	4
Slope down from Fforest farm	Steep slope	Steepness and slipperiness of slope.	Participants need to be carefully as they follow the s bend of the path. If its wet it is muddy and can be slippery. Further along the path some parts are slate rocks which can also get slippery if wet.	3
Path after Fforest	Muddy Path	Slipping in mud	If the weather is rainy this section of path can get wet and muddy. Participants need to take care so as not to slip	2
	Fallen Tree	Tripping or banging head	A fallen tree lies across the path. It is easy to negotiate but participants need to just be careful as they step over the tree not to trip or bang their head on the overhanging branch.	1

Steeper bank to the right of the path near house,	Steep bank	Falling down bank	Participants should take care not to walk near the edge when the path has steeper banks so as not to fall down the bank	1
Wild life Centre.	vehicles	Cars coming and going and parking.	Participants must walk across a carpark and should be aware of cars coming going and parking.	2
Wild life centre	bicycles	Being hit by a bike	Participants need to look out for bikes as this is also a cycle route. Walking in pairs leaving enough room for other users to get past on the path.	2
Slip way near the bridge at Cardigan.	Water	Falling in the water.	Near the bridge at Cardigan there is a slipway to the right of the path. Participants should stay on the path and not venture down the slip way.	1
Crossing the road at Cardigan bridge	vehicles	Being hit by a vehicle	This is a busy road into Cardigan. Participants need to adhere to the green cross code when crossing roads. Marshals will supervise crossing.	4
Crossing the road at GT tyres	vehicles	Being hit by a vehicle	This is just of a busy junction where the road narrows. Participants need to adhere to the green cross code when crossing roads. Marshals will supervise crossing.	4
Fields and tracks to St Dogmeals.	Livestock	Livestock biting kicking or running	If livestock are in the field walk calmly through the field keeping away from the livestock.	2
	Holes and ruts in fields and tracks	Falling or twisting ankle	Participants need to watch where they are walking to avoid and rabbit holes or ruts in the paths.	2

	Muddy slippery tracks.	Lipping in mud	If the weather is rainy this section of path could get wet and muddy. Participants need to take care so as not to slip	2
St Dogmeals	Narrow Pavements	Vehicles	Participants need to be careful pavements and roads in St Dogmeals are narrow, so they need to walk single file along these parts of the walk.	3
	Crossing the Road	Being hit by a vehicle	This is just of a busy junction where the road narrows. Participants need to adhere to the green cross code when crossing roads. Marshals will supervise crossing.	4
Football ground	Crowded area	Crowd of people sitting down on ground for lunch	Participants will be asked to make sure that they are careful when walking around so that people do not get trodden on or fallen over. The gates to the ground will be open but know dogs are allowed in	1
Exiting the coastal path at St Dogmeals	Coastal path exiting onto the road.	Being hit by a vehicle	This path comes out abruptly onto the main road through St Dogmeals, participants must take great care to check before venturing out onto the road, Marshal will remind people and check for traffic.	6
Road from St Dogmeals to Poppit Sand	Road	Being hit by a vehicle	Participants need to walk along the road on this section. They should adhere to the green cross code face oncoming traffic and walk on the right of the road single file.	5
Poppit Sands	Activities at Poppit Sands a range of activities will be available at Poppit Sands it is the individual's choice to participate in these activities that are run by a range of groups. It is therefore the individual's responsibility for their own health and safety once the walk has finished.			

General advice for the day	Sun	Hot day sun burn and sun stroke	Participants are advised that if it is a hot day a hat plenty of water and sun block to make sure that they limit sunburn or sunstroke.	3
	Walking footwear	Sturdy shoes	Participants are advised to wear appropriate clothing and footwear sturdy shoes	1
	And accident	A first aid incident	First aiders will be accompanying the walk. If there is a medical issue alert a marshal and they will liaison to get a first aider to attended.	3
	Losing way	Getting lost	Participants will be directed to the directions leaflet which comprehensibly outlines the route that the walk will be taken this is both online at the web site and paper copies will be available. The route will also be marked with Save the Teifi directional arrows.	1