Guildford Health Walks | Risk Assessment

Every walk is different, so complete a risk assessment for each group walk to help you plan. Note the steps you are taking to keep walkers safe. Store risk assessments for three years and keep them with the group representative.

Have a great walk!

Walk Group name: Boxgrove	**Risk Assessment date:** Oct 2026
Name of Walk Group: Merrow Downs	**Risk Assessment completed by:** Annelize Kidd

Hazards (make a note of any hazards to walkers or others on your route)	**Your notes**	**Who might be harmed?**	**Precautions**
Weather Is there any danger of extreme temperatures, heavy rainfall or other severe weather during the walk?	Check for heavy rainfall; you might have to adjust the route.	All walkers	Check the weather forecast before each walk and postpone/cancel if necessary Advise walkers to wear weather-appropriate clothing and shoes/boots; During the recce, make a note of 'escape routes'
Traffic Do you need to cross or walk along a road? Are there any level crossings?	Several road crossings: Boxgrove Lane, Horseshoe Lane, Epsom Rd, High Path Rd, Levylsdene, Merrow Croft.	All walkers	Check for suitable crossing places on the recce; Communicate clearly with the group on the day; Maintain single file along any road sections; Advise walkers to cross roads only when they think it is safe to do so.

Path surface and obstacles Are there hazards such as slippery paths, loose rocks, stiles, fallen trees, steep drops?	Some steep paths might be slippery; Paths may be muddy; watch out for tree roots.	All walkers	Check for hazards on the recce and adapt the route if needed; Advise walkers to bring suitable footwear for the conditions; Inform walkers at the start of the walk, and remind them on approach, of any problem areas on the route; Remind walkers that they are to bring their medication and carry first aid supplies to manage any injuries; WLs to keep an eye on and stay close to particularly vulnerable/unsteady walkers; Advise walkers to carry and use walking sticks.
Animals Will you pass livestock? Is there any danger of ticks or bites/stings?	No	All walkers	Advise walkers to check themselves (and any dogs) for ticks and remove them promptly if found; Ensure any dogs walking with the group are kept under control and on a short leash; remind dog owners to carry water for dogs in hot weather.
Communications Is there a chance you could get lost, lose touch with walkers, lose visibility or phone signal?	No	All walkers	Recce the route in advance; Walk leaders to carry charged mobile phones, and use whistles to communicate.
Other Add any other hazards on your walk	Take care when crossing the golf course, and wait when necessary; golf balls may be in play.	All walkers	Watch for the direction of play and golf balls when crossing the golf course. Advise walkers that they walk at their own risk.
In case of heart attack	Nearest defibrillator	At Guildford Golf Club, also beside Peacocks Greengrocer, Boxgrove shops	