**Walk and Talk Therapy Location Based Risk Assessment**

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| **Walk Location:** |  |
| **Route Details:** |  |
| **Type of Terrain:** |  |
| **Assessment Completed By:** |  |
| **Date Assessment Completed:** |  |

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| **Hazard** | **Y/N** | **Who might be harmed** | **How is the risk controlled** |
| Traffic/roads Please add walk specific details (e.g. Names of specific roads): |  | All walkers | • Warn walkers in pre-walk talk • Cross at safer places (e.g. zebra crossings)  |
| Dual use paths (e.g. cycling and walking)  |  | All walkers, particularly those with sensory impairments | •Inform walkers at the beginning of the walk if any of the route will be on shared use paths • Keep to one side of the path, • Warn walkers of bikes approaching • Take extra care when crossing |
| Dogs mess |  | All, particularly children | •Warn in pre-walk talk • Warn as necessary on route |
| Dogs |  | All, particularly those fearful of dogs | •Warn in pre-walk talk and as necessary on route • Keep nervous walkers away from dogs and warn dog owner to keep dog away  |
| Over hanging branches |  | All | •Warn in pre-walk talk and as necessary on route |
| Weather - add specific details (e.g. very exposed?): |  | All, particularly those that are frailer and aren’t dressed appropriately | •Check walkers’ clothing at beginning of walk • Take water, hats, rain coats, etc. • Be aware of places to shelter • Abandon walk if necessary |
| Other people |  | All | • Be considerate of others - avoid blocking entrance ways and paths • Move past any potentially threatening group avoiding eye contact • Carry an attack alarm, should you feel there is cause to do so. • Have a charged mobile to hand |
| Slips, trips and falls Please note specifics (e.g. running water nearby, slippery/uneven path etc.): |  | All walkers particularly those with balance difficulties/mobility issues | •Warn in pre-walk talk and as necessary on route • Help walkers around muddy spots, narrow paths, etc. • Abandon walk if path accessibility is very bad |
| Steps and Inclines Please note specifics: |  | All walkers, particularly those with heart problems e.g. Angina | • Warn in pre-walk talk • Be aware of walkers’ health needs • Allow walkers to take inclines at their own pace • Remind walkers to take and use medication if necessary • Rest at hill tops  |
| Stiles |  | All, particularly those with balance difficulties/ mobility issues | •Warn in pre-walk talk • Help walkers as necessary over stiles |
| New walkers |  | All, particularly the new walker | •Read through medical details with the new walker • Be extra vigilant whilst walking  |
| Watercourses |  | All | •Warn in pre-walk talk • Ask walkers to keep away from edges with no barriers • Bring walkers attention to warning signs and life rings |
| **Other** |
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**I have read this risk assessment and is fully understood and agreed upon.**

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| **Client Name:** |  |
| **Parent/Carer Name:** **(if appropriate)** |  |
| **Client Signature:** |  |
| **Parent/Carer Signature:** **(if appropriate)** |  |
| **Date:** |  |
| **Emergency Contact:** |  |
| **Medical Information:** |  |