

PICK & MIX
ROUTE RISK ASSESSMENT ANYTIME CHALLENGE EVENT 2021
All current Covid-19 regulations and guidelines MUST be adhered to at all times

This event is open to LDWA members ONLY

The event

The event safety plan for this walk is detailed in the general risk assessment

The event is promoted by the Beds, Bucks and Northants group of the LDWA. The BBN group have run similar events from this venue before. The event is a personal challenge to complete their chosen distance in how ever many loops they wish in the allotted 10 hour time limit. There is a choice of 6 distance loops – 1 x 5 miles, 1 x 6 miles, 3 x 8 miles and 1 x 12 miles each forming an individual circular route.

This ANYTIME version is to allow the event to take place as an anytime challenge from 24th May until 31st August 2021 as permitted within the LDWA and government guidelines for Covid-19

Consideration has been given to allow all risks to be deemed as low risk

Risk assessment section 1

All loop route descriptions have been used in the same format for previous P&M events and have been proven to be clear and precise.

All LDWA and government Covid-19 guidelines will be monitored and any relevant updates shall be implemented and followed. As the start/finish is in an open car park, the Covid-19 risk is low and social distancing will be easy to observe.

LDWA disclaimer is published on SiEntries website.

Risk assessment section 2

All loop route descriptions have been checked and will be kept up to date. These have been used in the same format for previous P&M events and have been proven to be clear and precise. This should prevent the walker from becoming lost. The use of several loops all returning to a central point ensure a very low volume of walkers on any one footpath at a time and therefore very little impact on the general public. The anytime challenge approach will reduce this impact further.

Risk assessment section 3

We assume that adults who take part in the event are doing so of their own free will. As individuals taking part in a sport, they must accept the risks inherent to the activity they participate in.

Entrants will access the BBN web site to download and print their required loop route descriptions. These will enable them to navigate round their chosen loops.

For their own safety, the entrant MUST text a close friend as they start & again as they finish, to log their intention of their day's walk

Any rubbish the walker generates, either at the start or en-route, MUST be removed from site and correctly disposed of at their own home.

Risk assessment section 4

Walkers are advised to wear appropriate clothing & carry waterproof clothing to protect them from adverse weather. It is **ESSENTIAL** that they carry their own first aid kit, hand sanitiser and face covering for their personal use **ONLY**.

After each loop the walkers will be able to rest in their own car & have an opportunity to retire from the event. As there will be no support of any kind, the entrant **MUST** carry all supplies as required for their whole day's activities. However, extra food, hot & cold drinks should be available in the village. Face coverings must be used if shops are visited. Contactless payment is requested.

All road crossings are clearly remarked on the route descriptions to alert the walkers to cross in safety as they would do in general everyday life.

The route is written to clearly inform the walker if there is no pavement to utilise. The instructions direct the walker to a grass verge if available. If the walker has to be on the road itself for a short time, the route description is very clearly written to keep them facing any oncoming traffic and to allow good visual safety.

Walkers are advised that stiles, bridges etc could become slippery if wet and to beware of uneven paths and raised roots. If any surface has to be touched, such as gates, hand rails etc, then hands should be sanitised after.

Enclosed paths are highlighted on the route description. We advise the walker to adhere to the government guidelines, especially of social distancing when passing others on such a restricted path. This also applies to any busy area found on pavements etc.

Please be aware when planning the day's activities, that there are 2 large schools in Great Missenden village and it would be prudent to avoid being in the area at high volume school traffic times.

All walkers are advised to eat, drink and rest before starting the next loop or heading home

Walkers must follow the country code

All current Covid-19 regulations and guidelines MUST be adhered to at all times