

## CREATIVE SUPPORT FOR VULNERABLE FAMILIES AND CHILDREN

### RISK ASSESSMENT Walk and Talk

Location:

Date:

Please note and tick all hazards that apply to this route and cross through all those that do not! Where a hazard is present please add and note the location. Note any new hazard!  
ALWAYS MAKE OTHERS ELSE AWARE OF WHERE YOU ARE GOING, ROUTE BEING TAKEN  
WHO WITH AND ASSOCIATED TIMES OF DEPARTURE AND ANTICIPATED RETURN!  
FAMILIARITY LEADS TO RELAXED ATTITUDES AND MISTAKES! OBSERVE AGE PRIORITIES!  
**ALWAYS CARRY A TELEPHONE AND ENSURE THERE IS ALWAYS A SIGNAL!**

Hazard:	Who might be harmed?:	How is risk controlled?:	Action:
<b>Traffic/vehicles:</b> Arriving, moving around site and departing.	All	Be vigilant	Carry out activities away from parked vehicles. Use designated pathways.
<b>Daylight hours:</b> Winter and Summer	All	Be aware of limited daylight hours in Winter.	Consider walk duration times with daylight times.
<b>Dog mess:</b>	All, particularly younger people	Stay vigilant	Use designated pathways, be vigilant. Therapist to warn
<b>Dogs (and other wild animals incl. Birds)</b>	Individuals afraid or nervous of animals of various sorts.	Check with client for any concerns or nerves.	Keep to designated pathways and be watchful. Avoid known dog walking areas
<b>Weather:</b>	All	Take clothing appropriate to the forecast weather. Check out places to shelter if are not known or alternative route.	Check weather forecast or alter location and/or dates.

<b>Hazard:</b>	<b>Who might be harmed?:</b>	<b>How is risk controlled?:</b>	<b>Action:</b>
<b>Slips, Trips and Falls:</b>	All	Avoid unknown paths or areas	Pre-walk talk warn client of any areas of concern. Abandon if high risk.
<b>Inclines:</b>	All	All but particularly those with heart conditions e.g. Angina Establish any medical issues prior to session. Allow client to take walk at their pace if they are aware. Does client need medication if so ensure they have it with them.	Avoid any areas involving inclines
<b>Slips, trips and falls:</b>	All	Be aware of clients mobility, balance issues and/or any disabilities. Discuss the route and identify any areas of concern. Does client need medication if so ensure they have it with them.	Pre-walk talk to establish if viable. Ongoing check on client.
<b>Health:</b>	All	Observe ALL prevailing COVID rules regarding contact. Carry hand sanitizer at all times. Establish clients ability to undertake the walk and be able to talk at the same time. Observe and check on client ongoing through the sessions. Carry have emergency contact details for clients person to call.	Ensure client has provided up to date accurate information. Where necessary a this RA should be signed by all parties present.

**Other:**

**Signed**

**Date:**

**Therapist:**

**Client:**