



Rise & Regulate

Risk Assessment - Nature Walks

Organisation: Rise and Regulate

Assessment completed by: Danny Collins

Review cycle: Annual or following incident

Hazard / Activity Risk	Potential Harm	Control Measures
Uneven terrain	Trips or falls	Routes planned in advance. Staff supervise and maintain safe walking pace.
Weather exposure	Cold, heat or dehydration	Participants advised on clothing and hydration. Activities adapted depending on weather.