

HAZARD OBSERVED	WHO MAY BE HARMED?	POSSIBLE OUTCOME	RISK RATING BEFORE CONTROLS	CONTROL MEASURES	RISK AFTER CURRENT CONTROLS	FURTHER CONTROLS REQUIRED?	RISK RATING AFTER ADDITIONAL CONTROLS
Pathways: around reservoir edge – terrain easy, relatively flat, good surface	All participants	Slips and trips.	Low	Participants advised to wear suitable footwear (shoes, boots, wellies) with good grip. Follow participant’s pace. Utilise benches along route if needed. Therapist to carry first aid kit and mobile phone.	Low	No	NA
Pathways: through woodland and moorland – terrain unpaved, tree roots, fallen branches, rocks, heather, mud, inclines	All participants. Particularly those with mobility problems or health conditions.	Slips, trips and falls. Cuts, bruises, sprains.	Moderate	Discuss individual mobility and health needs prior to setting off. Discuss route and gain informed consent. Participants advised to wear suitable footwear (shoes, boots, wellies) with good grip. Follow participants pace and take breaks as needed. Therapist to carry first aid kit and mobile phone.	Low	No	N/A
Inclines:	All participants. Particularly those with heart conditions and	Breathlessness, raised heart rate. Pain in joints, tiring muscles, fatigue.	Low	Discuss individual mobility and health needs prior to setting off. Discuss route and gain informed consent. Take regular breaks and follow participant’s pace.	Low	No	NA

	mobility problems			Therapist to carry first aid kit and mobile phone.			
Watercourses: River/beck and banks. Shallow and slow flowing.	All participants.	Slips and trips when crossing stepping stones. Falling in when near the edge of river bank. Possible abrasion and minor cuts. Drowning.	Low	Discuss route beforehand and gain informed consent. Participant to stay away from edges without barriers. Participant to give informed consent when crossing stepping stones. Participant to be advised to wear suitable footwear (shoes, boots, trainers with good grip). Therapist to carry first aid kit, foil blanket and mobile phone.	Low	No	NA
Watercourses: Reservoir. cold and deep.	All participants, particularly those who cannot swim.	Falling in – cold water shock and drowning.	Moderate	Discuss route beforehand and gain informed consent. Participant to stay away from edges without barriers. Therapist to be aware if participant cannot swim and maintain greater distance of water's edge if necessary. Therapist to carry foil blanket and mobile phone.	Low	No	NA
Wheelchair users: Accessible path, even surface, slight inclines, RADAR key opened gates	Wheelchair users.	Wheelchair could roll down slight inclines. Risk of cold water shock and drowning if wheelchair user falls in to water.	Moderate	Discuss route beforehand and gain informed consent. Wheelchair user to refrain from nearing water edge. Therapist to support with wheelchair as necessary, e.g. on hills.	Low	No	NA

				Wheelchair breaks to be used when stationary. Therapist to carry first aid kit, foil blanket and mobile phone.			
Farm animals	All participants, especially those fearful of animals.	Animals approaching participants. Contact with animal faeces and associated bacteria/pathogens. Animals feeling threatened and engaging defensively.	Low	Discuss route beforehand and gain informed consent. Assess for animal phobias and associated health conditions. Avoid contact with farm animals, allowing a wide berth. Moving past animals calmly. Use of alcohol gels if needed.	Low	No	NA
Dogs	All participants, especially those fearful of dogs.	Dogs being walked approaching – sniffing, looking for food or petting. Dog bites. Being knocked over by a passing dog.	Moderate	Warn of likelihood that will come in to contact with dogs, as many are walked in the area and gain informed consent. In contracting - discuss possibility of any fears around dogs and how to manage this. Keep distance from dogs and do not encourage their contact. Do not feed dogs. Therapist to ask dog owners to put dogs on lead if needed.	Low	No	NA
Dog mess	All participants	Tredden in dog mess	Moderate	Warn as necessary and stay alert.	Low	No	NA
Stings and bites (insect and plant)	All participants, especially	Swelling, pain, rash. Allergic reactions.	Low/Moderate	Warn as necessary and stay alert.	Low	No	NA

	those with allergies.			Discuss if participant has any allergies and advise to bring medication e.g. Epipen. Therapist to carry bite and sting relief in first aid kit.			
Overhanging branches	All participants	Scratches and eyes poked.	Low	Warn of possibility of overhanging branches. Keep alert.	Low	No	NA
Weather	All participants	In heat: sun burn, sun stroke, dehydration In cold and wet: sodden clothes, cold, hyperthermia.	Moderate	In contracting: Advise participant to wear weather appropriate clothing. In heat: participant to wear sunscreen, loose clothing, sun hat, and bring fluid. In cold and wet: participant to wear outdoor jacket, extra warm layer, hat, gloves and umbrella. Therapist to carry water, foil blanket and bivvy bag. Find shelter if needed. Therapist to follow metoffice for extreme weather warnings and discuss possibility of postponing or bringing session inside if needed.	Low	No	NA
Traffic and roads	All participants, particularly	Being hit by car when crossing the road or car park.	Low	Warn of cars using the road and manoeuvring in car park. Keep alert.	Low	No	NA

	those with sensory difficulties.			Therapist to support those with sensory difficulties, to ensure safety is maintained.			
Other members of public	All participants	Erosion of confidentiality. Others wanting to make contact and connect. Seeing/meeting someone known to therapist or participant.	Moderate	In contracting: discuss issues around confidentiality and meeting others on route and agree an individualised plan of how to manage the situation. Choose routes that are less busy if needed. Be considerate of others.	Low	No	NA
Mud	All participants	Slips, trips and falls	Low/Moderate	Discuss route and gain informed consent. Participants advised to wear suitable footwear (shoes, boots, wellies) with good grip. Take time and care when moving through mud.	Low	No	NA
Injuries and health conditions	All participants	Require medical attention or mountain rescue	Low	Therapist to have a charged mobile phone. Therapist to have downloaded 'what 3 words' app. Therapist to contact emergency services if needed. Therapist to be aware of any known health conditions of participants. Participant to be advised to carry required medication with them.	Low	No	NA

				<p>Therapist to have emergency contact details for participant and therapist.</p> <p>Therapist to carry first aid kit, foil blanket and bivvy bag.</p>			
Dual use paths (e.g. walkers and cyclists). Route 65.	All participants	Participant may be hit by passing cyclist	Low	<p>Inform participant of possibility of meeting cyclist on route.</p> <p>Keep alert.</p> <p>Keep to one side of the path.</p>	Low	No	NA
COVID-19	All participants	Contracting and passing on COVID-19	Low	<p>Follow government guidance at the given time.</p> <p>Participant to inform therapist if they or close contact have tested positive for COVID-19 and vice versa.</p> <p>Therapist has freedom to cancel appointment if either therapist or participant has COVID-19.</p> <p>Therapist to maintain up-to-date vaccination status.</p>	Low	No	NA
Therapy session	All participants	<p>Participant becoming emotionally impacted by the work.</p> <p>Session over runs.</p> <p>Boundary of session in challenged.</p>	Moderate	<p>In contracting discuss how participant wants to manage experiences of emotion in public space.</p> <p>Find quiet and uncrowded space if necessary.</p> <p>Participant to stay with therapist for duration of session and agree on privacy and distance if needed.</p>	Low	No	NA

				Therapist to maintain check on time and communicate need to return as necessary. Session to start and end a LWW stone to maintain therapeutic frame/boundary.			
--	--	--	--	--	--	--	--