

Pre-excursion Awareness Checklist

This pamphlet serves as an aide-memoire for the **Leader** and **all the participants** of any AGS excursion. We aim to have successful and incident free day and all attendees have a role to play to achieve this.

Safety: Everybody is responsible for their own safety and for ensuring the group is not endangered. If you see any part of our surrounding environment that looks unsafe, please bring it to the immediate attention of any person who is in the close vicinity and could be harmed. Then bring it to the attention of the group leader who will warn the rest of the group concerning the hazard and risk. Never become complacent and always pay attention to placing your feet and finding suitable handholds, where necessary. Our greatest risk of harm (slips, trips, falls or ankle sprain) stems from personal inattention, in the vast majority of incidents.

Excursion Briefing - before setting off, the Leader will outline:

- **Aim of the excursion & the geological features**
- **Planned route, terrain, altitude and distance**
- **Expected weather conditions, tide times** (if appropriate)
- **Timing – lunch, finish**
- **Special environmental considerations (flora, fauna, landscape)**
- **Check on health or mobility issues**
- **Re-emphasise individual and collective safety awareness**

Photographs: Inevitably, there will be many photographs taken during the excursion. AGS is always pleased to accept members photos on the website. If taking photos of the group, please ensure that all individuals have given their consent to be photographed and are happy for the image to appear in the public domain on the website. The copyright of the photo is retained by the owner.

Hazards, Risks and Mitigation:

The table opposite is shown as guidance only. It is a picklist of subjects that could be relevant for the particular excursion but every excursion is unique – we cannot cover all eventualities in this simple table. Use common sense to keep safe.

Hazards	Risks	Mitigation
Shores / Beaches		
• Rocks – uneven, jaggy, crumbly, slippery • Surfaces with seaweed or algae • Pebbles – loose uneven surface • Quicksand • Tide, waves	• Slips • Trips • Falls • Ankle sprains • Drowning	• Attention to feet placement • Stout walking boots, good treads • Aid of walking poles • Helping others over bigger step-ups, step-downs • Stay out of sea
Grassy Slopes / Cliffs		
• Wet grass • Muddy / slippery paths • Loose gravel paths • Unfenced drops • Loose material on steep slopes or cliffs • Aggressive animals (bulls, dogs) • Aggressive birds (gulls, terns)	• Slips • Falls • Severe fall injury • Dropped object head injury • Head injury from bird • Bird dropping	• As above 1st 3 bullets (foot placement, correct foot-ware, walking poles) • Helping others on steeper slopes • Stay away from cliff edges • Pay attention to surfaces on cliff overhangs or caves • Pay attention to animal movements
Woodland / Heathland		
• Wet or muddy surfaces • Bogs • River crossings • Loose gravel • Fallen branches or exposed roots • Deep heather • Nettles • Thorns or berry canes • Ticks	• Slips • Trips • Sinking into bog • Lyme disease	• As above 3 bullets (foot placement, correct foot-ware, walking poles) • Avoid boggy areas • Arm protection / gloves • Tight leg covering / check for ticks when removing leggings etc • Bullseye rash - tick
Cold or Hot Days	• Hydration • Keeping warm / cool	• Hot / Cold drinks as appropriate.