CUMBERLAND GEOLOGICAL SOCIETY
Excursion Information and registration

Excursion Information and Hazard and Safety Measures to be completed by the Leader for each Field Excursion in advance of the excursion.

Field Excursion Register to be signed by each individual attending the excursion as part of the registration process.

1. Excursion Information

Title of Excursion; geological theme(s)	**Jaws of Borrowdale** Crossing the Borrowdale Volcanics Group / Skiddaw Group unconformity, but mostly in BVG country.
Date of Excursion; start time; approximate duration.	20 May 2023. Meet 0930h. Duration about 5 hours.
Name of Excursion Leader(s)	Phil Davies
Start point and its National Grid Reference; also end point if different from start.	Start point and parking: Signposted National Trust Bowder Stone car park near Grange. NY253168
Parking and transport information	See above.
Description of terrain to be covered	A classic Lake District hike over varied terrain. Some rough tracks and scrambly sections on Castle Crag.
Approximate distance to be covered, metres of ascent / descent	About 6.5 miles, 10km. Aiming to include ascent of Castle Crag (elevation 290mOD).
Assessed severity of excursion	Moderately hard.
Special requirements; refreshments; other observations	Bring lunch and drinks. Don't bring geological hammers. Binoculars can be handy.

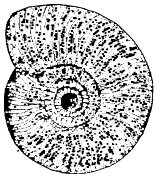
Document version date: 27 April 2023

2.Hazard and Safety Measures

Potential hazard	Risk level– High/Medium/Low	Safety measures
Poor / deteriorating weather; risk to party completing the route or of hypothermia. *	Low. Favourable season. Opportunities to retreat via Grange.	Always bring rain protection clothing.
Poor visibility; risk of the party getting lost or separated. *	Low. Mostly on popular tracks.	
Steep or exposed edges; risk of slips/trips/falls	Medium to high. Some scrambly / exposed-root sections on Castle Crag and exposed quarry drops near the summit.	Attendees to refrain from full ascent of Castle Crag unless confident on the scrambly areas. Stick to 'tourist' areas avoiding quarry edge.
Rockfall, or fall of other debris from slopes.	Low to medium	Check vulnerability if approaching any exposure and say away if stability is a concern. No hammering of rock or extraction of fragments that could destabilise an exposure.
Boggy or heavily overgrown ground; risk of slips/trips/falls	Low to medium	Stout hiking footwear. Hiking poles are a personal choice.
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	Low.	
Roads; risk to pedestrian attendees from traffic.	Medium.	Care needed walking along the Borrowdale road. Keep in to the right, pause for passing cars if necessary.
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Medium.	Care needed on a large stile near Castle Crag (depending on route taken). Look after each other.
Navigation error: party getting lost.	Low.	
Loss of daylight; difficulty of completing the route safely and on time.	Low.	
Attendee becoming unwell and needing assistance. Including sun	Unknown probability. Normal hiking precautions.	Nearest centre for assistance is Grange. Bring sun protection.

exposure and bites by ticks, insects or snakes		Check for ticks afterwards.
Water courses, open water, tides; drowning risk	Low. (Some simple crossings of water courses.)	Please stick with the group rather than venture to explore River Derwent.

* Weather-related risk level to be reviewed at the time of the Excursion.



GUIDANCE FOR PARTICIPANTS

Members of CGS and guests take part at their own risk. You should read and understand the foregoing Excursion Information and Hazard and Safety Measures, and raise any queries about any matter of concern before the excursion starts.

1. Participants (members and guests) will sign to indicate they are aware of this and accept all responsibilities set out in this document.
2. It is assumed that you are confident the proposed route is well within your physical capabilities- even if the weather deteriorates.
3. You should be properly equipped e.g., suitable footwear, appropriate clothing and food and drink.
4. There is no guarantee that any participant will have had first aid training but, in any emergency, the group will help as best it can.
5. You have complete responsibility for your own safety and for keeping in contact with the group.
6. Do not take unreasonable risks.
7. Alert others if a problem arises.
8. If you need to stop, let at least one other person know.
9. If you choose to leave the trip early, make sure the leader is aware of this.
10. A brief introduction will be given at the start point – it is customary for a few words of appreciation to be given at the end before the group disperses.

It should be noted that the Society holds Third Party Public Liability Insurance for all Society members undertaking excursions, but this does not extend to visitors. The Society does not accept responsibility or loss or damage to individuals or their property.

CUMBERLAND GEOLOGICAL SOCIETY
FIELD EXCURSION REGISTER

Name	**Emergency contact details**	I have read and will comply with the Guidance for Participants **Signature**	**A CGS member? (tick if 'yes')**

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