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

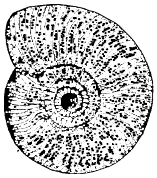
Title of Excursion; geological theme(s)	**Slate Fell, Cockermouth** Intrusions, hornfels and quarrying
Date of Excursion; start time; approximate duration.	24 May 2023; evening excursion, meet 17.30h. About 1½ hours then **option to proceed to Embleton Spa Hotel by car for refreshments.**
Name of Excursion Leader(s)	Phil Davies
Start point and its National Grid Reference; also end point if different from start.	Meet at the layby on the road from Cockermouth School to Embleton. NGR NY 1473 3066
Parking and transport information	(Limited parking in layby. Car sharing recommended)
Description of terrain to be covered	Walk beside road up to gateway onto the public footpath. Low level hillwalking with optional steep grassy sections.
Approximate distance to be covered, metres of ascent / descent	Less than 2km. Top of Slate Fell is at 171mOD, that is less than 50m above starting road level.
Assessed severity of excursion	Easy
Special requirements; refreshments; other observations	**Post-field excursion:** Embleton Spa Hotel, Embleton, Near Cockermouth, CA13 9XU Phone: 017687 76606 Web: www.embletonspa.co.uk

Document version date: 28 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	
Poor visibility; risk of the party getting lost or separated. *	Low	
Steep or exposed edges; risk of slips/trips/falls	Medium	Rock exposures include small cliffs. Stay away from crest areas.
Rockfall, or fall of other debris from slopes.	Low	
Boggy or heavily overgrown ground; risk of slips/trips/falls	Low	
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	Low	
Roads; risk to pedestrian attendees from traffic.	Low to medium	Stay on grassy verge between layby and footpath gateway. Pause as vehicles pass as necessary.
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Low	
Navigation error: party getting lost.	Low	
Loss of daylight; difficulty of completing the route safely and on time.	Low	
Livestock attack: cows, bulls.	Unknown – to be assessed on the spot.	Stay away from any curious or aggressive cattle, particularly if with calves; retreat if necessary. No dogs.
Attendee becoming unwell and needing assistance. Including sun exposure and bites by ticks, insects or snakes	Low to medium.	Possible midges: use deterrent. Possible ticks: check skin after excursion.
Water courses, open water, tides; drowning risk	Nil	

* 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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