Field trip Information and registration

The field trip information (1) and risk assessment (2) sections are to be completed by the leader in advance of the trip. The generic risk assessment table (2) should be customised to cover the specific risks relevant to the trip.

Attendees should read and understand the risk assessment (2) and the rules (3). The field trip register (4) is to be completed by each individual attending.

1. Field trip information

Title of field trip; geological theme(s)	Volcanological and other lessons from Iron Slag; following Clive Boulter's itinerary https://englishlakedistrictgeology.org.uk/users/UserFiles/File/Field%20Itineraries/2020%20Workington%20Slag%20Volcanology%20Field%20Itinerary%20PDF.pdf Volcanological Lessons from Iron Slag
Date of field trip; start time; approximate duration.	Tuesday 3 June 2025 Start 10am finish 2pm approx
Name of volunteer field trip leader(s)	Bernard Skillerne de Bristowe
Start point and its National Grid Reference; also end point if different from start.	Harrington Sailing Club NX 9887 2535
Parking and transport information	Parking on north side of harbour by Harrington Sailing Club NX 9887 2535
Description of terrain to be covered	Uneven rocky path and rocks on beach, bring poles if used and wear walking boots.
Approximate distance to be covered, metres of ascent / descent	5km distance walking, negligible ascent
Assessed severity of field trip	Easy
Special requirements; refreshments; other observations	Bring a packed lunch
Nearest hospital with A&E	West Cumberland

Note: If action or advice is needed from the CGS Designated Safeguarding Officer regarding this field trip, contact details are available from the members' area of the CGS website or any Council Member.

2. Risk assessment

Potential hazard	Risk level– High/Medium/Low	Safety measures
Navigation, route, conditions		
Poor / deteriorating weather; risk to party completing the route. *	low	Grassy coastal path to return to cars
Poor visibility or navigation error; risk of the party getting lost or separated. *	low	Coastal path away from the sea
Loss of daylight; difficulty of completing the route safely and on time.	low	Short route
Slips, trips and falls		
Steep or exposed ground; uneven rocky ground underfoot: risk of slips/trips/falls; anxiety or vertigo	medium	Rocky path so wear boots with ankle support and take poles if used
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	medium	Rocky path so wear boots with ankle support and take poles if used
Boggy or heavily vegetated ground; risk of slips/trips/falls	low	Rocky path so wear boots with ankle support and take poles if used
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	medium	Open country, but need to keep safe and within comfort ground on rocks
Health and wellbeing		
Attendee becoming unwell and needing assistance*. Including hypothermia, sun exposure and bites by ticks, insects or snakes	medium	Wear sunscreen. Always within 2 miles of the cars
Other typical risks		
Roads; risk to pedestrian attendees from traffic.	Low Usually light traffic in the carpark. No roads	Take care on leaving the carpark
Rockfall, or fall of other debris from slopes.	low	Wear a hard hat or stay away from cliffs
Water courses, open water, tides; drowning risk; crossing risks of slips/trips/falls	low	Low tide 12.30pm Tide goes out a long way and trip should be completed around low tide
Livestock attack: cows, bulls.	low	
Other		

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

Signature of volunteer field trip leader ……

3. Rules

1. Members of CGS and guests take part at their own risk. They should read and understand the foregoing field trip information and risk assessment, and raise any queries about any matter of concern before the field trip starts. A brief introduction will be provided at the start point. It should be noted that the Society holds Third Party Public Liability Insurance for Society members, but this does nor extend to visitors undertaking field trips. Personal Liability Insurance and Personal Accident Insurance remain the responsibility and choice of the participant. The Society does not accept responsibility for loss or damage to individuals or their property.

2. Participants should be aware of potential hazards which may be encountered in the field. They should read the Risk Assessment prepared in advance of each field trip and sign the field trip register on arrival. In general, these hazards will be such as are commonly encountered on the hills, open countryside and coastal and riverine areas in Cumbria, and participants will be expected to be familiar with these.

3. The behaviour of all members of the field trip must be such as to minimise the risk to themselves and other attendees. Any participant who behaves in a manner likely to put at risk his or her own safety, or the safety or enjoyment of another participant or the group as a whole, may be asked to leave by the volunteer field trip leader, and must do so immediately.

4. It is the responsibility of participants to satisfy themselves that they are fit to take part in the field trip and are properly equipped to do so. They should inform the volunteer field trip leader in advance, in confidence, of any matter which may have a bearing on their fitness to participate and what actions should be taken if illness occurs. The volunteer field trip leader may refuse to allow any person whose health or fitness appears to be a source of concern, or who appears to be inadequately equipped, to participate in (or to continue participation in) a field trip. 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. Under 18s and vulnerable adults may attend if they are accompanied by a parent, guardian or responsible adult, provided that this is indicated in the Field Trip Register.

6. Participants should wear clothing and footwear suitable for the field trip and carry appropriate safety equipment and rations.

7. The guidance of the volunteer field trip leader should be followed. It is important to stay with the leader during the field trip. Racing ahead or lagging behind causes problems of safety as well as making the leader's task more difficult. Alert others if a problem arises; if you need to stop, let at least one other person know. Members must make their intentions known to the leader if they intend to leave the group either temporarily or permanently; it is recommended that this is not done alone, particularly in remote or rugged terrain.

8. In the interests of conservation and safety the use of geological hammers is discouraged. Some exposures may be SSSIs or have other designations, and in any event the permission of a landowner may be required

9. If an injury or other problem occurs the volunteer field trip leader should be notified immediately. A basic first aid kit will be carried on field trips.

10. Dogs do not normally take part in an field trip. A participant who wishes to bring a dog on an field trip should confirm beforehand with the volunteer field trip leader that this will be acceptable.

4. Field trip register Date:

Name (add 'Under 18' or 'Carer' of another participant if applicable)	**Emergency contact details**	I have read the risk review and will comply with the Rules **Signature**	**A CGS member? (tick if 'yes')**

Name **(add 'Under 18' or 'Carer' of another participant if applicable)**	**Emergency contact details**	I have read the risk review and will comply with the Rules **Signature**	**A CGS member? (tick if 'yes')**