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)	Side Pike – into the Caldera. Study Ignimbrites and caldera fill
Date of field trip; start time; approximate duration.	18 June 2025 at 10am, 4-5 hours
Name of volunteer field trip leader(s)	David Haselden 07541979628
Start point and its National Grid Reference; also end point if different from start.	National Trust car park, Blea Tarn, Langdale NY 2954 0432
Parking and transport information	National Trust car park, charges apply to non-members
Description of terrain to be covered	Mixture of steep rocky and heather/bracken covered tussocky terrain, boggy in places, rough paths with some rock steps. Some exposure on steep ground.
Approximate distance to be covered, metres of ascent / descent	6.5 km (4 miles), 360 m (1200 ft) ascent
Assessed severity of field trip	Medium/hard due to terrain
Special requirements; refreshments; other observations	There are no toilets at the car park or on the excursion
Nearest hospital with A&E	Lancaster

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. *	Medium	Trip will only take place in reasonable weather
Poor visibility or navigation error; risk of the party getting lost or separated. *	Low	Trip will only take place in reasonable weather
Loss of daylight; difficulty of completing the route safely and on time.	Low	Time of year
Slips, trips and falls		
Steep or exposed ground; uneven rocky ground underfoot: risk of slips/trips/falls; anxiety or vertigo	Medium	Good footwear, awareness of own capabilities
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Medim	Good footwear, awareness of own capabilities
Boggy or heavily vegetated ground; risk of slips/trips/falls	Low	Good footwear
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	Low	Good footwear
Health and wellbeing		
Attendee becoming unwell and needing assistance*. Including hypothermia, sun exposure and bites by ticks, insects or snakes	Low	Report to leaders if feeling unwell.
Other typical risks		
Roads; risk to pedestrian attendees from traffic.	Low	Route avoids roads
Rockfall, or fall of other debris from slopes.	Low	Low risk, helmets not required
Water courses, open water, tides; drowning risk; crossing risks of slips/trips/falls	Nil	
Livestock attack: cows, bulls.	Low	Keep clear of live stock
Other		

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

Signature of volunteer field trip leader .....David Haselden

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 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 and will comply with the Rules **Signature**	**A CGS member? (tick if 'yes')**