



## Walk-Talk Counselling - Risk Assessment

**Walk location**

**Date**

**Assessment carried out by**

**Emma Payne – Woodland Counselling**

Please tick all hazards that apply to this route and **cross through those that do not**. Where a hazard is present, please add a location. The grey sections will then need to be read for all present hazards.

Hazard	Who might be harmed	How is the risk controlled	Action
<b>Traffic/vehicles</b> Arriving and departing	All	<ul style="list-style-type: none"> <li>• Be vigilant</li> <li>• Carry out activities away from parked vehicles</li> <li>• Use paths</li> </ul>	
<b>Daylight hours</b>	All	<ul style="list-style-type: none"> <li>• Be aware of limited daylight hours in Winter. Might need to arrange an earlier time than usual.</li> </ul>	
<b>Counsellor has a health problem/difficulty</b>	Counsellor	Counsellor's contact details in EP pocket so next of kin can be contacted.	
<b>Dogs mess</b>	All, particularly children	<ul style="list-style-type: none"> <li>• Stay vigilant</li> <li>• Warn in pre-walk talk</li> <li>• Counsellor warn as necessary on route</li> </ul>	

<b>Dogs</b>	Clients fearful of dogs	<ul style="list-style-type: none"> <li>• Check before commencing outdoor therapy and as necessary en-route</li> <li>• Keep nervous clients away from dogs and warn dog owner to keep dog away from the client</li> <li>• Client can request Counsellor to bring well-behaved dog on therapy walk</li> </ul>	W&T Info
<b>Over hanging branches/stinging nettles</b>	Client	Counsellor to warn client prior to walk and ensure they wear suitable clothing	
<b>Weather</b> Check adverse weather conditions. Is shelter/shade available if exposed?	All	<ul style="list-style-type: none"> <li>• Check clients' clothing at beginning of walk and remind in email/text if necessary</li> <li>• Take water, hats, rain coats, etc.</li> <li>• Be aware of places to shelter</li> <li>• Chose alternative route if raining heavily as there is not much shelter on this walk</li> </ul>	W&T Info
<b>Confidentiality/privacy</b>	Client	<ul style="list-style-type: none"> <li>• Agreed in contract &amp; verbally</li> <li>• Boundaries re meeting friends</li> </ul>	Indiv RA
<b>Counsellor's safety/clients</b>	All	<ul style="list-style-type: none"> <li>• Be considerate of others</li> <li>• Move past any potentially threatening group avoiding eye contact</li> <li>• Carry an attack alarm, should you feel there is cause to do so.</li> <li>• Have a charged mobile to hand</li> <li>• Have weekly overview in diary of whereabouts of counselling sessions</li> </ul>	EP EP
<b>Slips, trips and falls</b> Please note specifics (e.g. running water nearby, slippery/uneven path etc.):	Clients particularly those with balance difficulties/mobility issues	<ul style="list-style-type: none"> <li>• Warn in pre-walk talk and as necessary on route</li> <li>• Help clients around muddy spots, narrow paths, etc.</li> <li>• Abandon walk if path accessibility is very bad</li> </ul>	
<b>Inclines</b> Please note specifics:	Clients, particularly those with heart problems e.g. Angina	<ul style="list-style-type: none"> <li>• Warn in pre-walk talk</li> <li>• Be aware of clients' health needs</li> <li>• Allow everyone to take inclines at their own pace</li> <li>• Client to take and use medication if necessary</li> <li>• Rest at hill tops and wait for client</li> </ul>	Indiv RA
<b>Stiles</b>	Client, particularly those with balance difficulties/mobility issues	<ul style="list-style-type: none"> <li>• Warn in walk</li> <li>• Help clients as as necessary over stiles</li> </ul>	

<p><b>Suitability for outdoor work/pre-existing health conditions/fitness levels</b></p> <p><b>Insect bites</b></p>	<p>All</p> <p>Client Counsellor</p>	<ul style="list-style-type: none"> <li>• Check health in agreement form</li> <li>• Observe client whilst walking</li> <li>• Accompany the client at all times</li> <li>• Check client contact details up-to-date</li> </ul> <p>Carry them during the session</p> <p>Anti-histamine in First Aid Kit</p>	<p>W&amp;T Info EP EP</p>
<p><b>Additional Covid-19 hazards</b></p> <p>Cross contamination when completing paperwork</p> <p>Maintain 2m distance when walking</p> <p>Gate possible contamination</p> <p><b>Individual COVID risks</b></p> <p>Shielding, living with/caring for vulnerable people, risky job/practices/COVID symptoms</p>	<p>Client</p> <p>Client</p> <p>Client</p> <p>All</p>	<ul style="list-style-type: none"> <li>• Paperwork through email to avoid contamination</li> <li>• Carry hand sanitizer</li> <li>• Walk 2m apart wherever possible</li> <li>• Give other people adequate space when crossing paths</li> <li>• EP to open gate and sanitise hands</li> </ul> <p>Complete individual RA with each client</p> <p>Check again prior to the session</p>	<p>EP EP</p>
<p><b>Other</b></p>			