



Advise on planning your walk

Stay Safe on the Coast Path: Top Tips

- 1. Wear the Right Footwear**
Choose boots with good grip and ankle support to handle rough or slippery terrain safely.
- 2. Pack for All Weather**
Bring spare clothing and waterproofs—weather can change quickly, no matter what the forecast says.
- 3. Check Tide Times**
Always consult tide tables before heading out to avoid unexpected detours or getting cut off.
- 4. Don't Climb Cliffs**
Never attempt to climb cliffs unless you have proper equipment and the training to use it.
- 5. Bring Water and Snacks**
Carry enough water and some high-energy food to keep your energy levels up throughout your walk.
- 6. Know Your Limits**
Match your plans to your fitness and experience. Start small and build up to longer or more challenging routes.
- 7. Tell Someone Your Plans**
Always share your route with a friend or family member—include start and end points, departure time, expected return, and the number of people in your group. This way, help can be alerted if something goes wrong.
- 8. Stay Back from the Edge**
However tempting the view, never sit or stand on the cliff edge—it may be unstable and could collapse under your weight.
- 9. Use a Map—Not Just Your Phone**
While GPS apps are useful, an Ordnance Survey map can be crucial in an emergency. If you need help, giving a Grid Reference will help the Emergency Services find you faster. Look out for small white location plaques placed every quarter mile along the path—they're there to help.
If you're in trouble on the Coast Path or beach, call **999** and ask for the **Coastguard**.



10. **Dog walking**

Dogs can get into trouble whilst exploring, so always keep them on a lead near cliff edges and livestock. If they get struck on a ledge, in mud or swept out to sea, don't go after them. Clean up after them

11. **In Case of Emergency**

Keep your in case of emergency details accessible on your phone and written in the front pocket of your bag along with information about any allergies or medication.

[Coast Path FAQ - Pembrokeshire Coast National Park](#)



Basic Risk Assessment Guide for a Walking Group participating in “Walk the Path for Wellbeing 2025”

Step 1: Identify the Hazards, think about what could cause harm during the walk. Examples include:

- Uneven or slippery terrain
- Traffic when crossing roads
- Weather conditions (heat, cold, rain, snow)
- Stiles, gates, or other obstacles
- Livestock or wildlife
- Group members’ health issues or fitness levels

Step 2: Decide Who Might Be Harmed and How, Consider:

- Walkers (especially children, older adults, or people with mobility issues)
- The walk leader
- Members of the public

Step 3: Evaluate the Risks and Decide on Control Measures, think about how likely each hazard is and how serious the consequences could be. Then decide how to reduce the risk. For example:

- Plan a route suitable for your group’s ability



- Check the weather forecast and cancel/postpone if unsafe
- Carry a first aid kit and mobile phone
- Brief walkers before the walk (e.g., pace, hazards, road crossings)
- Have a back marker, someone who stays at the back with the slowest walker to keep the group together who also knows the route.
- Note any allergies or medical needs

Step 4: Record Your Findings - Keep a simple written note of:

- The main hazards identified
- What you're doing to reduce the risks
- The date of the walk and who did the assessment

Step 5: Review Before Each Walk

Things can change—check your route and the conditions before each walk. Update your assessment if needed.

If you do not have your own risk assessment format you may want to use the one below and personalise for your group. It is always worth walking the route prior to taking a group out.



Walk the path for wellbeing _____ May 2026				Date of initial assessment					Review Date				
*Insert your group name													
<i>High Priority (Risk 16-25)</i>				<i>Medium Priority (Risk 9-15)</i>					<i>Low Priority (Risk 1-8)</i>				
HAZARDS IDENTIFIED	PERSONS AT RISK FROM EXPOSURE TO HAZARD	WITHOUT CONTROLS IN PLACE	WITH CONTROLS (Control measures are detailed on following pages)										WITH CONTROLS IN PLACE
		RISK RATING	SEVERITY OF OUTCOME (a)					LIKELIHOOD / PROBABILITY(B)					RISK RATING
			1	2	3	4	5	1	2	3	4	5	



NO.		Employee	Students	Visiting staff	Public	ALL	Severity of Outcome (A) X Likelihood / Probability (B)	Inconvenience	Minor Injury	Injury / Illness	Major Injury	Fatality / Multiple	Unlikely	Rarely	Possible	Probable	Often/Certain	(A x B)
1	Slips and Trips – uneven footpaths, footpath and pond edges, algae covered foreshore					X	(4 x 3) 12		X						X			(2 x 3) 6
2	Bumps – branches / vegetation overhanging paths					X	(4 x 3) 12			X				X				(3 x 2) 6
3	Hazardous substances – water tidal cut off					X	(3 x 4) 12			X				X				(3 x 2) 6
4	Traffic – walking on roads, car parks					X	(5 x 3) 15					X	X					(5 x 1) 5
5	Environment: weather, wind chill, sunburn					X	(5 x 3) 15			X				X				(3 x 2) 6
6	Hazards linked with place / activity: Location – falling from height- narrow footpath runs close to unfenced cliff edges					X	(5 x 2) 10					X	X					(5 x 1) 5
7	Hazards linked with place /activity: Contact with animals- livestock present in fields, dogs					X	(5 x 2) 10					X	X					(5 x 1) 5



8	Individual capability: Groups / Individuals (you may want to name the members of the groups and direct to your support plan for them)		x	x	x		(5 x 2) 10			x				x				(3 x 2) 6
9	Individual capability: staff / leaders					x	(5 x 3) 15					x	x					(5 x 1) 5
10	Hazards requiring special training: Unforeseen circumstances e.g. participant illness					x	(5 x 3) 15				x			x				(4 x 2) 8



CONTROL MEASURES – edit where appropriate for your group

No	Risk Rating	THESE CONTROL MEASURES ARE TO BE IN PLACE. NATIONAL PARK STAFF TO ENSURE ACCOMPANYING STAFF AND ADULTS ARE CLEARLY BRIEFED, BEFORE THE START OF THE ACTIVITY REGARDING THEIR SUPERVISORY ROLE + ACTION TO TAKE IF ANY PROBLEMS OCCUR
1	6	Participants to wear suitable footwear and warned before the activity to walk, not run around the site. Participants should be advised to keep children away from edges of paths. Slip / trip hazards must be highlighted by the leader. Participants should be advised to use torches in low light conditions. Special care should be taken in wet weather conditions or following wet weather. Backmarker must remain at the rear of the group.
2	6	Participants to be warned that overhanging or low branches and other vegetation may be present and warned to take care during the activity. Hazards must be highlighted by the leader. Backmarker must remain at the rear of the group.
3	6	Leader must ensure that they are aware of high tide times and heights and be familiar with access and egress points. Participants to be made aware of changing tidal conditions and the need to remain vigilant when on beaches. Backmarker must remain at the rear of the group.
4	5	Participants to be warned when they are to walk on roads or lanes Where walking along a road is unavoidable, both the leader and backmarker must wear Hi Visibility vests and keep the group between them, walking in single file and facing the on-coming traffic. Leader and backmarker must supervise participants crossing a road. Backmarker must remain at the rear of the group.
5	6	All participants to be dressed appropriately for the activity. Leader to check prior to beginning the activity. Participants should be instructed to inform the leader or backmarker if they feel any discomfort / illness. Leader to monitor weather conditions.
6	5	Participants to be made aware where the coast path becomes narrow and necessitates walking in single file. Hazards or very narrow sections must be highlighted by the leader and where necessary participants should be supervised by the leader or backmarker. Children must be kept on the inside of the path. Participants should also be warned that cliffs may be overhanging in some places, and extreme care should be taken especially where covered by long grass. Backmarker to remain at the rear of the group or at the hazard as necessary.
7	5	Participants to be made aware that livestock may be present in some fields. Participants should be asked to remain calm and keep dogs on short leads at the rear of the group. Participants should be instructed not to approach dogs. If a dog approaches the group, instruct the group to remain calm and quiet. Backmarker to remain at the rear of the group.



8	6	The leader must brief the group before the activity begins and give participants the opportunity to ask questions or withdraw from the activity. Leaders must ensure that the backmarker is briefed for the activity. Leaders must invite participants to disclose any medical issues or concerns and plan for these accordingly (note that it is not compulsory for participants to disclose such information, but they must be given the opportunity to do so at the start of the activity).
10	8	All leaders and volunteers must have a working knowledge of any emergency procedures and be able to implement them. Leaders must ensure that there is an alternative plan and be able to implement it when required. Leaders must be familiar with the activity and have read the appropriate site risk assessment. Leaders must carry a full and complete safety sack and have been trained in its use.