



SOS Birding Walks Risk Assessment Form:

Assessor: Jonathan Cook Tim Squire

Date of Assessment April 2024

Location: Seven Sisters

Brief Description: Good flat walking conditions about three miles. Several benches along the route. Variety of waders on the river and summer migrants will be looked for along the trail. Toilets in visitor centre across the A259 on the Eastbourne Road.

Suggested clothing: In most season warm, waterproof clothing depending on weather conditions; strong footwear. In summer ensure appropriate sun protection is made by way of hats, sunblock and carrying sufficient fluids.

Hazard	Who might be harmed	Evaluation of Risk	Risk mitigation measures	Comments
Bad weather	All participants	Low/Medium	Cancel/curtail walk	Monitor weather forecast
Lightning storms	All participants	Medium	Cancel/curtail walk	Monitor weather forecast
Snow and ice	All participants	Low/Medium	Cancel/curtail walk	Monitor weather forecast
Darkness, cloud and fog	All participants	Medium	Cancel/curtail walk	Monitor weather forecast
Hot weather	All participants	Low	Participants should bring a drink and wear suitable clothing (inc sun hat) and consider need for sun screen.	Monitor weather forecast
Uneven walking surfaces	All participants	Low/Medium	Suitable walking shoes or boots are recommended	Participants to ensure that suitable footwear is available to them.
Muddy conditions	All participants	Low	Walking/Welly boots	Monitor weather forecast
Standing water/flooding	All participants	Low	Adjust route	Monitor weather forecast
Slippery surfaces	All participants	Low	Adjust route	A walking stick or pole might help some participants
Trip hazards	All participants	Low	Participants to judge their own capabilities and to take care	Tracks are generally uneven in this area.
Stiles/gates				
Barbed wire/fences				

Hazard	Who might be harmed	Evaluation of Risk	Risk mitigation measures	Comments
Obstructive vegetation				
Stinging/thorny plants				
Falling trees/branches				
Biting insects	All participants	Low	If wearing shorts be mindful of ticks	Consult a GP if a tick bite is suspected
Snakes	Uncertain about snakes at these sites	Low		
Farm and other animals	All participants	Low	Any farm animals - or conservation grazing animals - should be given a wide berth and not cornered	Take care around calves
Cycles and horses	All participants	Low		
Cars and other vehicles	All participants	Low	Care should be taken on the A259 and the car park area,	
Mobile phone coverage (all leaders should have a charged mobile phone in the event of the need to contact emergency services, coverage.			Desk assessment of mobile phone coverage in the walk's area https://www.signalchecker.co.uk/	Good mobile phone coverage available for most providers in this walk's area.