

# Walk Leader Risk Assessment Checklist

|                |              |
|----------------|--------------|
| U3A Name       |              |
| Interest Group |              |
| Date           | Walk Name    |
| Distance       | Terrain Type |

| Before the walk |   | Yes (✓) |
|-----------------|---|---------|
| 1               | Provision of information to prospective walkers:<br>a) Location<br>b) Distance<br>c) Timing<br>d) Linear / Circular Route<br>e) Terrain<br>f) Height and climbs involved<br>g) Level of fitness required<br>h) Appropriate footwear & clothing<br>i) Toilet / refreshment facilities en route<br>j) What to bring – food / drink / compass / map / mobile phone<br>k) Dogs permitted?<br>l) Meeting point<br>m) Public transport options<br>n) Car parking facilities<br>o) Need of walkers to bring emergency telephone numbers for next of kin and relevant medical details |         |

| On the day |  | Yes (✓) |
|------------|--|---------|
| 1          | Check first aid kit & emergency blanket  |         |
| 2          | Briefing before starting out:<br>a. Route<br>b. Duration<br>c. Terrain<br>d. Known Hazards<br>e. Emergency Arrangements – illness, exhaustion, accident, weather problems, terrain problems, lost contact with group<br>f. Be prepared to advise inadequately equipped walkers not to go but they must make the final decision |         |
| 3          | Appoint a backmarker   |         |

| During the walk |   | Yes (✓) |
|-----------------|---|---------|
| 1               | Stay at the front but make sure you can always see the backmarker |         |
| 2               | Set an appropriate pace for the level of walk                     |         |
| 3               | Check the route frequently  |         |
| 4               | Periodically count the number in the group                        |         |
| 5               | Other(specify)  |         |

|        |       |
|--------|-------|
| Signed | Dated |
|--------|-------|