



BRIDGEND U3A

EASY WALKING RISK ASSESSMENT CHECKLIST

u3a Name: Bridgend	
Interest Group: Easy Walking	
Date:	Walk Name
Distance:	Terrain Type

Before the walk – Provision of information to group members					
Location		Level of fitness required		Car parking facilities	
Distance		Break-off points		Potential hazards	
Timing		Footwear & Clothing advice		Group members to bring relevant medical details	
Linear/Circular route		Toilet/Refreshment facilities		Any known weather issues	
Terrain		Meeting point			
Any inclines involved		Public transport options			

On the day		
1	Check first aid kit & emergency blanket. Identify any first aiders.	
2	Briefing before starting out: <ul style="list-style-type: none"> • Route/terrain • Duration/distance • Known hazards e.g cattle, roads/traffic • Emergency arrangements – illness, exhaustion, accident, weather problems, terrain problems, lost contact with group • Be prepared to advise inadequately equipped walkers not to go but the final decision is theirs 	
3	Appoint a backmarker	

During the walk		
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)	

Exceptional Circumstances

There may be reasons why additional conditions may have to be taken into consideration when completing this risk assessment.

When completing a risk assessment in exceptional circumstances you need to consider how this will impact on the activity, what additional measures or changes you will need to make for each identified hazard in order to reduce risks involved in running the activity. These changes will need to be incorporated into the assessment of how hazards can be reduced or avoided to respond appropriately to the exceptional circumstances you are facing.

Notes for exceptional circumstances:

Signed

Dated

FURTHER NOTES

Version	Description	Date
Initial	Easy Walking Risk Assessment Checklist template	02/01/23
Review		Due January 2024