

CALLINGTON U3A – Walkers 1 Risk Assessment

Introduction

Walking is considered a low risk activity. Walking safely should be based on common sense.

Responsibilities of Group Coordinator

The Group Coordinator is the administrator for Walkers 1 and as such has no direct responsibility for the safety of the group on any given walk. However the group administrator should provide guidance and advice to any walkers wishing to join the group, regarding the style and format of the walks, so that the new member can assess their own fitness and ability to take part in a walk.

Responsibility of Walk Leader

A Walk Leader, planning a walk, must assess the risk and mitigate as far as possible by choice of the route. During the walk the leader must be aware of changing conditions and/or issues within the group and be prepared to shorten the walk or even cancel the walk if necessary.

Responsibilities for Everyone

Every walk group member must be prepared to take responsibility for their own actions on themselves and others. They must also assess their limitations and capabilities for taking part in the walk. If they are uncomfortable in a situation they must bring this to the attention of the walk leader and take any necessary action.

Emergency Contacts

Everyone must carry ICE detailing medical conditions and telephone numbers in case of emergency. These cards are available on request from the Group Coordinator. It would also be good practice for the member to complete the Medical ID Information on their mobile phone and to register their mobile phone with the SMS Emergency service. The Group Coordinator holds contact details for the group and telephone numbers in case of emergency. The walk leader should carry a list of emergency contact numbers for the group.

First Aid

All walkers must carry a first aid kit appropriate to their needs. In the event of a serious accident the emergency services must be contacted immediately. The caller must be prepared to provide details of the patient, nature of the accident and location.

Coronavirus

Everyone must adhere to the current Coronavirus Guidelines. They must not join the walk if they are feeling unwell or have been in close contact with someone who has tested positive or who is exhibiting coronavirus symptoms. The Walk Leader must make a list of all walkers attending the walk and pass to the Group Coordinator. If subsequently anyone develops coronavirus symptoms they must inform the Walk Leader or Group Coordinator. Walkers must follow any social distancing guidelines. Please carry a face covering and hand sanitiser.

Public Liability Cover

U3A holds public liability cover, but it is not a personal accident insurance. It solely indemnifies the organisation if any U3A member or agent is negligent in causing any injury.

Good Walking Etiquette

Suitable clothing and equipment to be worn for the walk conditions including terrain and weather.

Follow the Country Code

Walkers must not put themselves and others at risk, and follow the Walk Leader’s instructions at all times unless there is concern regarding the safety of those instructions. Walk in single file through crops and along narrow paths and along single track roads where it is usually good practice to keep to the right. Cross any field containing livestock quietly, keeping together as a group.

It is a condition of being a member of Walkers 1 that this document is read, understood and adhered to

Name	Signature	Date

Prepared September 2020
Review due September 2022