

Cam, Dursley & District U3A
Walking Risk Assessment Checklist

Group	Date
Walk Name	Location

Walk Leader Checklist	Yes	Comments
Before the Walk Have you checked the walk beforehand, noting terrain, stiles, hazards (including livestock), ascent and weather forecast and have you provided the following information to walkers?		
1) Meeting point and car parking facilities.		
2) Distance and anticipated timing.		
3) Height and climbs involved.		
4) Terrain and hazards (number of stiles, boggy areas etc.)		
5) The level of fitness required.		
6) Any break-off points for members wanting a shorter route.		
7) Appropriate footwear and clothing.		
8) Toilet and refreshment facilities en route		
9) What to bring – food, drink, compass etc.		
10) Are dogs permitted?		
11) Are cattle likely to be present? Bear in mind the increased danger this presents if there are dogs.		
12) The need to carry any relevant medical details.		
On the day		
1) Ensure all participants are U3A members		
2) Do you have an accident report form? If used, a copy should be sent to the Groups Coordinator		
3) Can you call emergency services if required?		
4) Do you have the names of all attendees and their emergency contact nos.?		
5) Be prepared to advise inadequately equipped walkers not to go. However, they make the final decision.		
6) Appoint a backmarker.		

During the Walk

- 1) Stay at the front but make sure you can see the backmarker.
- 2) Set an appropriate pace for the walk.
- 3) Check the route frequently.
- 4) Periodically count the number in the group

Exceptional Circumstances

Additional conditions may have to be taken into consideration in running this activity. If so, please consider any measures necessary to reduce hazards involved.

Notes for Exceptional Circumstance**Signed****Dated**