

## CESTRIA U3A WALK LEADERS CHECK LIST

*This form does not need to be completed for every walk but is given as an aide memoire.*

<b>U3A Name</b>	
Interest Group	
Date	Walk Name
Distance	Terrain Type

Before the walk		Yes (✓)
1	Provision of information to prospective walkers: <ul style="list-style-type: none"> <li>a) Location</li> <li>b) Distance</li> <li>c) Timing</li> <li>d) Linear / Circular Route</li> <li>e) Terrain</li> <li>f) Height and climbs involved</li> <li>g) Level of fitness required</li> <li>h) Appropriate footwear &amp; clothing</li> <li>i) Toilet / refreshment facilities en route</li> <li>j) What to bring – food/drink/compass/map/mobile phone</li> <li>k) Dogs permitted?</li> <li>l) Meeting point</li> <li>m) Public transport options</li> <li>n) Car parking facilities</li> <li>o) Need of walkers to bring emergency telephone numbers for next of kin and relevant medical details</li> </ul>	

On the day		Yes (✓)
1	Check first aid kit & emergency blanket	
2	Emergency Contact Details	
3	Briefing before starting out: <ul style="list-style-type: none"> <li>a. Route</li> <li>b. Duration</li> <li>c. Terrain</li> <li>d. Known Hazards</li> <li>e. Emergency Arrangements – illness, exhaustion, accident, weather problems, terrain problems, lost contact with group</li> <li>f. Be prepared to advise inadequately equipped walkers not to go but they must make the final decision</li> </ul>	
4	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)	