

WALKS RISK ASSESSMENT-2023

This document also applies to History and Nature Walks.

Please be aware that:

- Members are responsible for their own safety and walk at their own risk. If the Walk Leader judges you to be unfit for the walk, their advice should be considered seriously.
- Please carry contact details, in case of emergency, and you may wish to include details of any medications and allergies that paramedics would need to make note of. Also, please carry this information where it can easily be found.
- All participants to review their own personal health and circumstances and refer to current Government guidance for different risk categories in Covid19 (if applicable) and what measures are recommended for people over 70 and/or with various medical conditions.
- Consider the health risk category of anyone else you are isolating within your household.
- You may be walking through muddy fields and paths so suitable footwear is needed. As we get into Autumn / Winter suitable waterproofs may be needed.
- There may be stiles and/or hills to climb.
- You may be walking through fields containing farm animals.
- In the event that an incident occurs involving injury or the possibility of injury or anything else of concern, details should be given to our u3a Secretary as soon as possible using the incident report form, a copy of which is available from the Walk Leader.