

CESTRIA U3A WALKS SAFETY ADVICE POLICY - 2023

These notes are for general information concerning Health and Safety on walks and are intended for the leaders of U3A walking groups. Some of this information may be considered to be common sense by experienced walk leaders but others will find some helpful hints. The notes are written with the advice of the U3A Walking Network Advisor.

Health and Safety of our members is vital for our members. The implementation of any safety procedures is at the discretion of the walk leaders.

Group/Walk leaders should be aware of the advice issued to all walkers and a copy is attached.

The U3A have issued a risk assessment guide entitled 'WALK LEADER CHECKLIST' which includes a list of information for walk leaders and walkers. A copy is attached for reference. Walk leaders should be aware of the contents of this list and follow the advice given. The form does not need to be completed for every walk but is given as an aide memoire.

A first aid kit suitable for walkers will be supplied for each Walking Group. The walk leader should check the contents and know what is available.

U3A walking groups are not required to have trained first aiders and the insurance advice is to contact the emergency services immediately in the event of a serious incident, even if there happens to be a member present who has attended a first aid course.

Before setting out, it's important that everyone understands what will be encountered during the day and is confident that this is within his / her abilities. Warn your members about possible hazards on a walk, e.g., stiles and if walking by water, a river or canal, they should be aware of narrow / uneven footpaths, towpath mooring posts etc. Walk leaders should appoint a back marker and ensure the group is in sight at all times.

Before the walk all members should have provided details of who they would want contacted should they have an accident on a walk.

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 using the "INCIDENT REPORT FORM". A copy is attached.

Conclusion

Walking with the U3A is the most popular, enjoyable and safest form of physical exercise. However, in view of the age group of our walkers, the walk leaders should be aware of possible Health and Safety issues and how to deal with accidents.