

Collingham & District u3a Walk Leader Checklist

Before the Walk

Information to be given to prospective walkers

- a. Location of walk
- b. Distance
- c. Timing
- d. Linear/circular route
- e. Terrain
- f. Height and climbs involved, if relevant
- g. Level of fitness required
- h. Appropriate footwear and clothing
- i. Toilet/refreshment facilities enroute
- j. What to bring – mobile phone, food and drink etc.
- k. Dogs permitted?
- l. Meeting point
- m. Car parking facilities
- n. Emergency contact details and relevant medical information

On the Day

Brief those who are walking before setting out:

- a) Route
- b) Duration
- c) Terrain
- d) Known hazards
- e) Emergency arrangements – illness, exhaustion, accident, weather problems, lost contact with group
- f) Be prepared to advise inadequately equipped walkers not to go.

Arrange for someone to be a 'backmarker'. They stay at the back and ensure no one gets left behind.

During the walk

Stay at the front but make sure you can always see the backmarker

Set an appropriate pace for the level of the walk

Check the route frequently

Periodically count the number in the group.