



DRONFIELD & DISTRICT u3a - WALK LEADER RISK ASSESSMENT

As the Walk Leader you are expected to follow all the requirements outlined here.
The Walk you are planning should be altered to suit specific walk requirements

Where you identify a particular risk you should note the actions you will take to reduce the risk. It's important to carry out a risk assessment before the walk takes place.

IMPORTANT [Please read this about Cattle and Walks](#) . It outlines problems that have occurred close to home.

Recce	Research the route you will be taking to identify any hazards and/or obstacles?
Preparation	Let the Walks Coordinator know the details of the walk to be noted on the Walks programme, identifying hazards/obstacles e.g. frequent stiles, boggy areas, steep hills, stepping stones, narrow ledges, traffic crossing places.
	If you anticipate there might be livestock in the fields being used, inform the Walks Coordinator.
	Have a First Aid Kit available
Walking with the group	Ensure the group are listening as you describe the walk to them and include points about the hazards they may come across.
	Have a leader and a back marker identified
	Try to keep the group together.
	Use a first aid kit for all minor treatments
	If a major concern for a group member occurs, <ul style="list-style-type: none"> • take charge • summon help promptly – use a navigation aid e.g. what3words • inform the group member's main contact • if there is a need for the group member to be kept still, split the group into two and have several members looking after that person.

