

## WALK LEADER RISK ASSESSMENT CHECKLIST

### Before the walk Leaders should provide information concerning:

Location, distance and timing	
Whether a linear or circular route	
Terrain height and climbs involved, and level of fitness required	
Appropriate footwear and clothing	
Availability of toilet and refreshment facilities	
Individual's requirements (e.g. food and drink, map and compass, mobile phone)	
Meeting point with details of parking facilities and/or public transport options	
Need to bring emergency telephone numbers for next of kin/relevant medical details	

### On the day:

Check first aid kit	
Brief walkers on the route, terrain, known hazards, expected duration	
Explain emergency arrangements – accident, illness, weather and terrain problems, losing contact with group	
Advise inadequately equipped walkers not to go although they must make the final decision	
Appoint a backmarker	

### During the walk:

Stay at the front but make sure you can always see the backmarker	
Set an appropriate pace for the level of walk	
Periodically count the number in the group	
Check the route frequently	

<b>NAME OF WALK LEADER</b>	
<b>DATE</b>	