

# Walk Leader Risk Assessment Checklist

Walk Leader Name
Group Name
Date
Distance

<b>Before the walk</b>	
1	Provision of information to prospective walkers: <ol style="list-style-type: none"> <li>a) Location</li> <li>b) Distance</li> <li>c) Timing</li> <li>d) Linear / Circular Route</li> <li>e) Terrain</li> <li>f) Height and climbs involved</li> <li>g) Level of fitness required</li> <li>h) Identification of any 'break off' points (e.g. if members feel unable to continue)</li> <li>i) Appropriate footwear &amp; clothing</li> <li>j) Toilet / refreshment facilities en route</li> <li>k) What to bring – food / drink / compass / map / mobile phone</li> <li>l) Dogs permitted?</li> <li>m) Meeting point</li> <li>n) Public transport options</li> <li>o) Car parking facilities</li> <li>p) Need of walkers to bring emergency telephone numbers for next of kin and relevant medical details</li> </ol>

<b>On the day</b>	
1	Check first aid kit & emergency blanket. Identify any first aiders.
2	Briefing before starting out: <ol style="list-style-type: none"> <li>a. Route</li> <li>b. Duration</li> <li>c. Terrain</li> <li>d. Known Hazards</li> <li>e. Emergency Arrangements – illness, exhaustion, accident, weather problems, terrain problems, lost contact with group</li> <li>f. Be prepared to advise inadequately equipped walkers not to go but they must make the final decision</li> </ol>
3	Appoint a backmarker

<b>During the walk</b>	
1	Stay at the front but make sure you can always see the backmarker
2	Set an appropriate pace for the level of walk
3	Check the route frequently
4	Periodically count the number in the group
5	Other(specify)

<b>Signed</b>	<b>Dated</b>
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**FURTHER NOTES MAY BE RECORDED OVERLEAF**