

**SALTBURN DISTRICT U3A**

**WALK LEADER CHECKLIST**

U3A INTEREST GROUP:	
WALK NAME:	
DISTANCE:	
TERRAIN TYPE:	
DATE:	

<b>BEFORE WALK</b>		YES (v)
1	Provision of information to prospective walkers: <ul 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. Appropriate footwear and clothing</li> <li>i. Toilet/refreshment facilities en route</li> <li>j. What to bring – food/drink/compass/map/mobile phone</li> <li>k. Dogs permitted?</li> <li>l. Meeting point</li> <li>m. Public transport options</li> <li>n. Car parking facilities</li> <li>o. Need of walker to bring an emergency phone no. &amp; relevant medical details</li> </ul>	
<b>ON THE DAY</b>		
1	Check first aid kit and emergency blanket	
2	Briefing before starting out: <ul 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, loss of contact with group</li> </ul>	
3	Appoint a back marker	
<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 and fitness of members	
3	Check the route frequently	
4	Periodically count the number in the group	
5	Other (specify)	