

SALTBURN DISTRICT u3a WALK LEADER CHECKLIST	
u3a INTEREST GROUP:	
WALK NAME:	
DISTANCE:	
TERRAIN TYPE:	
DATE:	

BEFORE WALK

YES

1	Provision of information to prospective walkers a. Location b. Distance c. Timing d. Linear/Circular route e. Terrain f. Height and climbs involved g. Level of fitness required h. Appropriate footwear and clothing i. Toilet/refreshment facilities on route j. What to bring – food/drink/compass/map/mobile phone k. Dogs permitted? l. Meeting point m. Public transport options n. Car parking facilities o. Need of walker to bring an emergency phone number & relevant medical details	
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ON THE DAY

1	Check first aid kit and emergency blanket	
2	Briefing before starting out: a. Route b. Duration c. Terrain d. Known hazards e. Emergency arrangements – illness, exhaustion, accident, weather problems, terrain problems, loss of contact with group	
3	Appoint a back marker	

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DURING THE WALK		
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)	