

Stanford le Hope and District u3a

Walk Leader – Risk Assessment Checklist

Description of activity Including location, post code, event. walk, amble, ramble?		
Interest Group		
Name and Signature of person completing check list.		
Date	Assessment no	
Distance	Terrain type	

Before the walk		Yes (✓)
1	Provision of information to prospective walkers: <ol style="list-style-type: none"> 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 & clothing i) Toilet / refreshment facilities en 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 walkers to bring emergency telephone numbers for next of kin and relevant medical details 	

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

During the walk		Yes (✓)
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)	