

Stevenage U3A – Walking Group Risk Assessment Check List

Every walk is different; completing a risk assessment for each walk will help with the planning and keeping the walkers safe. Completed Risk Assessments should be passed to our Group Coordinator, who will hold them on behalf of our group. Our walking group does not carry a general First Aid Kit. Walkers should be aware of this and equip themselves as necessary. They should ensure they have their personal medication with them such as their inhaler or EpiPens.

Who is leading the walk?	Name:	Group:
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Date: (DD/MM/YY)	Walk:	Risk Assessment:	Recce:
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Hazards Make a note of any hazards to walkers or others on your route.		Precautions Tick the boxes that apply and add any others – you don't need to tick every box.	
Weather What is the forecasted weather? Is there any danger of extreme temperatures, heavy rainfall or other severe weather events?		Check the weather forecast and postpone/cancel if necessary. Advise walkers to bring suitable clothing and items for the conditions. Make a note of "Escape Routes" on the route. Other/Details	
Traffic Do you need to cross or walk along a road? Are there any level crossings?		Check for suitable crossing places on the recce. Communicate clearly with the group on the day. Maintain single file on any road sections. Other/Detail	
Path Surface and Obstacles Are there hazards such as slippery paths, loose rocks, stiles, fallen trees, steep drops?		Check for hazards on the recce and adapt the route if needed. Provide clear information to walkers beforehand. Advise walkers to bring suitable footwear for the conditions. Other/Detail	
Animals Will you pass livestock? Is there any danger of Ticks or bites/stings?		Let walkers know to cross fields with livestock calmly and quietly, keeping the group together. Be prepared to divert if needed. Leave gates and property as you find them. Advise walkers to check for ticks and remove promptly if found. Other/Detail	
Communications Is there a chance you could get lost, lose touch with walkers, lose visibility or phone signal?		Recce the route in advance. Let somebody know your plans and time you expect to be back. Other/Detail	
Other Add any other hazards on your walk here.		Follow any national local health restrictions. Other/Detail	