

U3A SUTTON BRIDGE

Walk Leader Risk Assessment Checklist

U3A SUTTON BRIDGE	
Interest Group	
Date:	Walk Name
Distance	Terrain Type

Before the walk		Yes (✓)
1	Provision of information to prospective walkers <ul 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 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 walkers to bring emergency telephone numbers for next of kin & relevant medical details 	

On the day		Yes (✓)
1	Check first aid & emergency blanket	
2	Briefing before starting out: <ul 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 the walk	
3	Check the route frequently	
4	Periodically count the number in the group	
5	Other (specify)	

Signed	Date
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Reviewed on: 28th June 2108

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