

West Pennine Villages U3A walk day checklist

	On the day	Yes (v)
1	Bring first aid kit	
2	Bring map of route and compass	
3	Co-ordinate car parking	
4	Pre- walk briefing to include:	
	route	
	distance	
	duration	
	terrain (e.g wet ground, ice, snow)	
	anticipated hazards (e.g weather forecast)	
5	Identify backmarker to group	
6	Emergency arrangements in case of accident, illness, loss of contact	
7	Advise inadequately equipped walkers of potential risks	
8	Advise anyone planning to leave walk early to inform leader/backmarker	
9	Take register	
10	Count number of walkers	
11	Remind members with relevant health issues to identify themselves	
12	Set appropriate pace for level of walk	
13	Check route and numbers frequently	

Signed:

Date: