

West Pennine Villages U3A Walk Leader Assessment

Walk name	
Date	
Distance	
Level	

Before the walk		Yes (✓)
1	Walk reccy performed	
2	Walk details on website and Google calendar	
3	Walk details emailed to walking group members	
	Where appropriate, details to include:	
	location	
	meeting point (postcode and/or grid reference)	
	car park/public transport options	
	distance of walk	
	level of fitness required (e.g easy, moderate, strenuous)	
	route (e.g linear/circular)	
	terrain (e.g roads, paths, styles, fields)	
	height and climbs involved	
	dog on lead permitted?	
4	First aid kit checked (date)	