



## Walk Leader Risk Assessment Checklist

## Category: Risk Assessments

u3a Name		
Interest Group		
Date	Walk Name	
Distance	Terrain Type	

Bet	ore the walk	Yes (√)
1	<ul> <li>Provision of information to prospective walkers: <ul> <li>a) Location</li> <li>b) Distance</li> <li>c) Timing</li> <li>d) Linear / Circular Route</li> <li>e) Terrain</li> <li>f) Height and climbs involved</li> <li>g) Level of fitness required</li> <li>h) Identification of any 'break off' points (e.g. if members feel unable to continue)</li> <li>i) Appropriate footwear &amp; clothing</li> <li>j) Toilet / refreshment facilities en route</li> <li>k) What to bring – food / drink / compass / map / mobile phone</li> <li>l) Dogs permitted?</li> <li>m) Meeting point</li> <li>n) Public transport options</li> <li>o) Car parking facilities</li> <li>p) Need of walkers to bring emergency telephone numbers for next of kin and relevant medical details</li> </ul> </li> </ul>	

On	the day	Yes (√)
1	Check first aid kit & emergency blanket. Identify any first aiders.	
2	Briefing before starting out: 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	Appoi	nt a backmarker	

Du	ring 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)	

## Signed

Dated

## **FURTHER NOTES**

u3a	The Third Age Trust Knowledge Management System	
Doc Walk Leader Risk Assessment Checklist		25/11/2021