

# Woodhall Spa U3A Walk Leader Risk Assessment Checklist

<b>Interest Group</b>	
<b>Date</b>	<b>Walk Name</b>
<b>Distance</b>	<b>Terrain Type</b>

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

<b>On the day</b>		<b>Yes (✓)</b>
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	Appoint a backmarker	

<b>During the walk</b>		<b>Yes (✓)</b>
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)	

<b>Signed</b>	<b>Dated</b>
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