

# Walk Leader Risk Assessment Checklist

|   |              |
|---|--------------|
| <b>U3A Name</b> <b>South Molton U3A</b> |              |
| Interest Group                          |              |
| Date                                    | Walk Name    |
| Distance                                | Terrain Type |

| <b>Before the walk</b> |   | <b>Yes (✓)</b> |
|------------------------|---|----------------|
| 1                      | Provision of information to prospective walkers:<br>a) Location<br>b) Distance<br>c) Timing<br>d) Linear / Circular Route<br>e) Terrain<br>f) Height and climbs involved<br>g) Level of fitness required<br>h) Appropriate footwear & clothing<br>i) Toilet / refreshment facilities en route<br>j) What to bring – food / drink / compass / map / mobile phone<br>k) Dogs permitted?<br>l) Meeting point<br>m) Public transport options<br>n) Car parking facilities<br>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  |                |
| 2                 | Briefing before starting out:<br>a. Route<br>b. Duration<br>c. Terrain<br>d. Known Hazards<br>e. Emergency Arrangements – illness, exhaustion, accident, weather problems, terrain problems, lost contact with group<br>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> |
|---------------|--------------|