



WALK LEADER RISK ASSESSMENT CHECKLIST -

EXAMPLE

This checklist is to help walk leaders in the planning for a walk. This isn't an exhaustive list, so think carefully about any specific risks you may encounter. It is likely that you will need to add to this risk assessment checklist. This form can (and should) be altered to suit specific walk requirements. You may wish to ask dog owner to read the BMC guide to reducing risk when encountering cattle: <https://www.thebmc.co.uk/Taking-care-around-cows>

u3a Name: SOUTHWELL	Date: 1 st Wednesday of month
Name of person completing risk assessment checklist: Peter Somerville	
Interest Group: PEAK DISTRICT WALKING 2	
Description of Activity: WALKING IN DERBYSHIRE PEAK DISTRICT	

Where you identify a particular risk you should note the actions you will take to reduce the risk. It's important to carry out a risk assessment before the walk takes place, and you can always add to this during the walk.

	Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
Recce	Have you researched the route you will be taking to identify any hazards and/or obstacles?	✓			
	Have you given members an overview of the walk and the identified hazards/obstacles e.g. the number of stiles, likely boggy areas etc?	✓			
	Do members know the length and difficulty of the walk?	✓			
Traffic	Are there suitable crossing places on the road?	✓			
	Are your attendees aware they must maintain single file on busy road sections?	✓			
Livestock	Have you notified members of any routes through fields known to have livestock in?	✓			
	Are dogs kept on leads in relevant areas (such as around livestock, in urban areas)?			N/A	NO DOGS ON OUR WALKS
	Are members aware of risks of attack by cattle when walking with dogs?			N/A	NO DOGS ON OUR WALKS
	Is there any danger of ticks or bites/stings?	✓			

	Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
Safety	Do you have the correct equipment needed for the walk (e.g., map, compass, whistle)?	✓			
	Have you taken an attendance register?	✓			
	Do you have emergency contacts for all attendees?	✓			
	Do you have a charged phone to contact emergency contacts?	✓			
	Does someone know when you are expected back?			✓	NO LONE WALKING
	Do members know to wear appropriate footwear?	✓			
	Do you have a back marker to stay in sight and communication with group?			✓	ONLY NECESSARY FOR LARGE GROUPS
	Is there any danger you will lose visibility or mobile phone signal?	✓			
	Do members know to bring refreshments (such as water) for the walk?	✓			
	Is there a first aid kit?	✓			

Weather	Have you checked the weather forecast for the day of the walk in advance?	✓			
	Is there any danger of extreme temperatures, heavy rainfall, high wind or severe weather?			✓	WALK WOULD NOT OCCUR IN THESE CONDITIONS
	Have walkers brought suitable clothes and footwear, and appropriate items (such as waterproofs) for the weather?	✓			

Other identified risks:	What will you do to mitigate these risks?
Members may get delayed driving to the start.	Exchange mobile phone numbers

u3a	Walk Leader Risk Assessment Checklist	The Third Age Trust
This Risk Assessment must be checked annually and amended as needed		
Please send any updates to the webmaster		