



SOUTHWELL u3a WALK LEADER RISK ASSESSMENT CHECKLIST

Interest Group – Short Walks	Date:
Name of person completing risk assessment checklist: Bob Pitcher	
Description of Activity: Walks are approximately 5 miles in length. Members do not require previous experience, but do need to be reasonably fit and responsible for their own safety. Boots, waterproof clothing, walking poles, water, basic safety equipment eg. small first aid kit, hat, gloves, spare layers and a rucksack are essential and the responsibility of the individual member. Transport is by members own cars. Members should make themselves aware of The Countryside Code and the Rules for Pedestrians section of The Highway Code.	

	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? ?	X			
	Have you given members an overview of the walk and the identified hazards/obstacles e.g. the number of stiles, likely boggy areas etc?	X			
	Do members know the length and difficulty of the walk?	X			
Traffic	Are there suitable crossing places on the road?	X			
	Are your attendees aware they must maintain single file on road sections?	X			
Animals	Have you notified members of any routes through fields with livestock in?	X			As needed
	Are dogs kept on leads in relevant areas (such as around livestock, in urban areas)?			X	Dogs are not allowed on Southwell u3a walks





	Is there any danger of ticks or bites/stings?				
Safety	Do you have the correct equipment needed for the walk (e.g., map, compass, whistle)?	X			
	Have you taken an attendance register?	X			
	Do you have emergency contacts for all attendees?	X			
	Do you have a charged phone with emergency contact details stored on it?	X			
	Does someone know when you are expected back?	X			
	Have members been reminded to wear appropriate footwear?	X			
	Do you have a back marker to stay in sight and communication with group?			X	We stay together as a group
	Is there any danger you will lose visibility or mobile phone signal?	X			Always a possibility
	Have members attendees brought refreshments (such as water) for the walk?	X			
	Is there a first aid kit?	X			
Weather	Have you checked the weather forecast for the day of the walk in advance?	X			
	Is there any danger of extreme temperatures, heavy rainfall, high wind or otherwise severe weather?	X			Will cancel walk if weather extremes make it difficult.
	Have walkers brought suitable clothes and footwear, and appropriate items (such as waterproofs) for the weather?	X			

This Risk Assessment must be checked annually and amended as needed

Please send any updates to the webmaster

