



**SOUTHWELL u3a WALK LEADER RISK ASSESSMENT & CHECKLIST**

<b>Interest Group: Third Thursday Trekkers</b>	<b>Date: 19 March 2025</b>
<b>Name of person completing risk assessment checklist: Ben &amp; Sally Johnson</b>	
<p><b>Description of Activity:</b></p> <p>Day walks in hill and moorland terrain on designated or permissive paths in Nottinghamshire, Derbyshire, Lincolnshire, Leicestershire and South Yorkshire. Length 7-11 miles with no more than 400m height gained.</p>	

**General Risk Procedures:**

The safety of our group members when out walking is paramount. The Key Risk Mitigation Procedures that we have include both these General Risk Procedures and specific procedures relevant to each walk as shown in the Specific Risk Assessment & Checklist.

- The Leader of the Walk will undertake a recce prior to the walk and complete the Specific Risk Assessment & Checklist below.
- When crossing roads the Group will aim to cross together in small groups (not in a crocodile!).
- When walking on roads the Group will walk in single file on the right-hand side, save where necessary to obtain visibility around blind bends. When walking on the left-hand side, the back markers must pay attention to traffic approaching from behind.
- Group members must always carry waterproofs and suitable waterproof walking boots or trainers – by all means plan for good weather but be prepared for bad!
- Group members must carry water and food including some high calorific value snacks for emergencies.
- The Group must maintain the pace of the slowest walkers and keep eye contact and voice communication from front to back of the Group.
- There must be at least 2 walkers at the back of the Group.
- There is a high risk of ticks that can carry Lymes Disease particularly in wet/humid woodland, heathland, moorland & rough pasture. Group members must be aware and check themselves regularly for ticks and remove as soon as possible.





**SPECIFIC RISK ASSESSMENT & CHECKLIST**

<b>Date of Walk:</b>			
<b>Location and Route:</b>			
<b>Walker Leader:</b>		<b>Date:</b>	

	<b>Checklist</b>	<b>Yes</b>	<b>No</b>	<b>N/A</b>	<b>If no, what actions will you take to mitigate this risk?</b>
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?				
Animals	Have you notified members of any routes through fields with livestock in?				
	Are dogs kept on leads in relevant areas (such as around livestock, in urban areas)?				Dogs are not allowed on Southwell u3a walks other than service dogs required by the owner for the activity
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 with emergency contact details stored on it?				





	<b>Checklist</b>	<b>Yes</b>	<b>No</b>	<b>N/A</b>	<b>If no, what actions will you take to mitigate this risk?</b>
	Does someone know when you are expected back?				
	Do you have a back marker to stay in sight and communication with group?				
	Is there any danger you will lose visibility or mobile phone signal?				
	Have attendees brought refreshments (such as water) for the walk?				
	Is there a first aid kit?				
Weather	Has the weather forecast indicated that there a no danger of extreme temperatures, heavy rainfall, high wind or otherwise severe weather?				
	Have walkers brought suitable clothes and footwear, and appropriate items (such as waterproofs) for the weather?				

