



SOUTHWELL u3a WALK LEADER RISK ASSESSMENT CHECKLIST

Interest Group SAS Group (Strollers and Shufflers)	Date: 15 July 2025
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Name of person completing risk assessment checklist: Carolyn James

Description of Activity: Short walks no longer than three miles. All walks are at the speed of the slowest person in the group. The walks are on footpaths, pavements and minor roads around Southwell. They will usually start at the Scout Hut carpark on Bishop's Drive.

	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? ?	YES			
	Have you given members an overview of the walk and the identified hazards/obstacles e.g. the number of stiles, likely boggy areas etc?	YES			
	Do members know the length and difficulty of the walk?	YES			

Traffic	Are there suitable crossing places on the road?				This is variable depending on the walk. A detailed map of the next walk is emailed to all participants outlining any possible hazards.
	Are your attendees aware they must maintain single file on road sections?	YES			

Animals	Have you notified members of any routes through fields with livestock in?	YES			
	Are dogs kept on leads in relevant areas (such as around livestock, in urban areas)?				Dogs are not allowed on Southwell u3a walks
	Is there any danger of ticks or bites/stings?				I DO NOT KNOW BUT I HAVE BEEN WALKING THESE ROUTES SEVERAL TIMES A WEEK FOR MANY YEARS WITHOUT INCIDENT.





Safety	Do you have the correct equipment needed for the walk (e.g., map, compass, whistle)?				I do not carry a whistle or compass though I do carry a digital map as well as my mobile ICE.
	Have you taken an attendance register?	YES			
	Do you have emergency contacts for all attendees?	YES			
	Do you have a charged phone with emergency contact details stored on it?	YES			
	Does someone know when you are expected back?	YES			
	Have members been reminded to wear appropriate footwear?	YES			
	Do you have a back marker to stay in sight and communication with group?	YES			
	Is there any danger you will lose visibility or mobile phone signal?	NO			
	Have members attendees brought refreshments (such as water) for the walk?			N/A	
	Is there a first aid kit?		NO		
Weather	Have you checked the weather forecast for the day of the walk in advance?	YES			
	Is there any danger of extreme temperatures, heavy rainfall, high wind or otherwise severe weather?		NO		Walks are cancelled if the weather is unsuitable for this group as some of us have mobility issues.
	Have walkers brought suitable clothes and footwear, and appropriate items (such as waterproofs) for the weather?	YES			

u3a	Home Based 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		

