

Ash u3a

Ash U3A Walk Leader Risk Assessment Checklist

It would be useful to have at least 2 phones that have either the what3words app or an OS type one that can identify location.

Before the walk:

Provide information to prospective walkers:

- Location
- Distance
- Timing
- Linear/circular route
- Terrain
- Height and climbs involved
- Level of fitness required
- Appropriate clothing and footwear
- Toilet/refreshment facilities en route
- What to bring – food/drink/compass/map/mobile phone
- Meeting point
- Public transport options
- Car parking facilities
- Need for walkers to bring telephone numbers for emergency contact/relevant medical details
- Whistle for back marker
- Reflective jackets for leader and back marker

On the day:

- Check first aid kit, emergency blanket
- Briefing before starting out:
 1. Route
 2. Duration
 3. Terrain
 4. Known hazards
 5. Emergency arrangements – illness, exhaustion, accident, weather problems, terrain problems, lost contact with group
 6. Be prepared to advise inadequately equipped walkers not to go but they must make the final decision
- Appoint a backmarker, allocate reflective jackets and whistle

During the walk:

- Leader to stay at the front but try to make sure you can always see the back marker
- Set an appropriate pace for the level of the walk
- Check the route frequently
- Periodically count the number in the group
- Be mindful of walker/s experiencing difficulty
- Other (specify)