

# Hucknall & District U3A

## Walk Leader Risk Assessment Checklist

Date	Walk Name
Distance	Terrain Type

		Yes (✓)
<b>Before the walk</b>	Provision of information to prospective walkers:	
	a) Location	
	b) Distance	
	c) Timing	
	d) Linear / Circular Route	
	e) Terrain	
	f) Height and climbs involved	
	g) Level of fitness required	
	h) Appropriate footwear & clothing	
	I) Toilet / refreshment facilities en route	
	j) What to bring – food / drink / compass / map / mobile phone	
	k) Dogs permitted?	
	l) Meeting point	
	m) Public transport options	
	n) Car parking facilities	
o) Need for walkers to bring emergency telephone numbers for next of kin and relevant medical details, plus any medication they may require and first aid kit		
	Briefing before starting out:	
	a) Route	
	b) Duration	
	c) Terrain	
	d) Known/potential hazards such as styles, busy roads, livestock	
	e) Emergency arrangements	
	f) Be prepared to advise inadequately equipped walkers not to go but they must decide	
	g) Record members in attendance	
h) Appoint a back-marker		
<b>During the walk</b>	Make sure you can always see the back-marker	
	Set an appropriate pace for the level of walk	
	Check the route frequently	
	Periodically count the number in the group	
	Other(specify)	

**FURTHER NOTES**

Signed	Dated