

Tenterden u3a Walk Leader Risk Assessment Checklist

Interest Group	
Date	Walk Name
Distance	Terrain Type

	Before the walk	Yes (✓)
1	Provision of information to prospective walkers: <ul style="list-style-type: none"> 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 of walkers to bring emergency telephone numbers for next of kin and relevant medical details 	

	On the day	Yes (✓)
1	Check first aid kit & emergency blanket	
2	Briefing before starting out: <ul style="list-style-type: none"> a. Route b. Duration c. Terrain d. Known Hazards e. Emergency Arrangements – illness, exhaustion, accident, weather problems, terrain problems, lost contact with group f. Be prepared to advise inadequately equipped walkers not to go but they must make the final decision 	
3	Appoint a back marker	

	During the walk	Yes (✓)
1	Stay at the front but make sure you can always see the back marker	
2	Set an appropriate pace for the level of walk	
3	Check the route frequently	
4	Periodically count the number in the group	
5	Other(specify)	

Signed	Date
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