

KNOLE u3a Risk Assessment Policy Walking/Rambling Checklist

NAME OF GROUP:

GROUP LEADER:

Before the walk		(✓)
1	Provision of information to prospective walkers: Location and Distance Timing Linear / Circular Route Terrain/height and climbs involved Level of fitness required Identification of any 'break off' points (e.g. if members feel unable to continue) Appropriate footwear & clothing Toilet / refreshment facilities en route What to bring – food / drink / compass / map / mobile phone Meeting point Public transport options Car parking facilities Mobile phone number of leader on the day Need of walkers to bring emergency telephone numbers for next of kin and relevant medical details	

On the day		(✓)
1	Check first aid kit.	
2	Briefing before starting out: 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 backmarker	

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

SIGNED.....

DATE.....

NAME.....

