

Walk Leader Risk Assessment Checklist

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| u3a: TORFAEN | Interest Group; WALKING |
| Date: | Walk Name::: |
| Distance | Terrain Type |

| Before the walk - Information for the prospective walkers | Tick |
|--|------|
| <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) 'Break off' points (e.g. if members feel unable to continue) i) Appropriate footwear & clothing j) Toilet/ refreshment facilities en route k) What to bring – food / drink / compass / map / mobile phone l) Dogs permitted? m) Meeting point n) Public transport options o) Car parking facilities p) Emergency telephone numbers for next of kin and relevant medical details | |

| On the day | | Tick |
|------------|--|------|
| 1 | Check first aid kit & emergency blanket. Identify any first aiders. | |
| 2 | Briefing before starting out: <ol 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. Advise inadequately equipped walkers not to go (but they must make the final decision) | |
| 3 | Appoint a backmarker | |

| During the walk | | Tick |
|-----------------|---|------|
| 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 | |
| 5 | Other(specify) | |

Exceptional Circumstances

In exceptional circumstances you need to consider, for each identified hazard:

- how these will impact on the activity
- what additional measures or changes you will need to make in order to reduce risks.

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| <p>Notes for exceptional circumstances:</p> |
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| Signed | Dated |
|---------------|--------------|