

FLINTSHIRE u3a RISK ASSESSMENT: WALKING GROUPS

NAME OF LEADER:

DATE OF WALK:

CHECKLIST: This checklist is to help walk leaders in the planning for a walk. This isn't an exhaustive list, so think carefully about any specific risks you may encounter. It is likely that you may need to add to this risk assessment checklist. This form can (and should) be altered to suit specific walk requirements.

Checklist	YES	NO	N/A	If no, what actions will you take to mitigate this risk?
Have you done a recce of the route you will be taking to identify any hazards and/or obstacles?				
Have you given members an overview of the walk and the identified hazards/obstacles e.g., the number of stiles, likely boggy areas etc?				
Do members know the length and difficulty of the walk?				
Do you have the correct equipment needed for the walk (e.g., map, compass, whistle)?				
Have you taken an attendance register?				
Do you have emergency contacts for all attendees?				Please retain the Emergency Contact List on walk. (2023 Risk Assessment Walking Groups 2)
Do you have a charged phone with emergency contacts stored on it?				





Does someone know when you are expected back?				
Do you have a back marker to stay in sight and communication with group?				
If there any possibility you will lose visibility or mobile phone signal? (E.g., weather conditions)				
Is there a basic first aid kit (e.g., dressings, anti-septic/water wipes)?				Please apply for a first aid kit from Groups Liaison BEFORE the trip commences.
Have you checked the weather forecast for the day of the walk in advance?				

Original Checklist Date:

Signature:

Changes: Yes / No (e.g., new walkers/new leader)

Group Coordinator should retain this RA after activity and all consecutive RAs after activity.



