

WALK LEADER RISK ASSESSMENT CHECKLIST

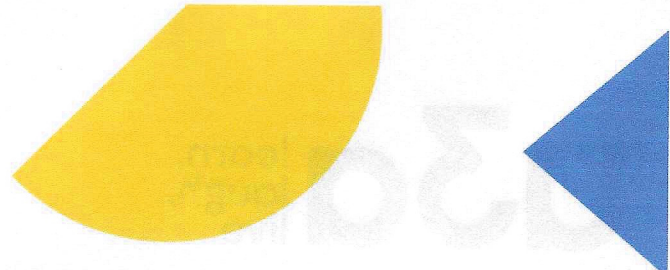
u3a Name: CAMBOURNE + DISTRICT	Date: 24/05/26
Name of person completing risk assessment checklist: JANET ROGERS	
Interest Group: FRIDAY WALKING	
Description of Activity: Circular walk starting and finishing at Waresley Garden Centre (via the Gransdens)	

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 will need to add to this risk assessment checklist. This form can (and should) be altered to suit specific walk requirements. You may wish to ask dog owner to read the BMC guide to reducing risk when encountering cattle: <https://www.thebmc.co.uk/Taking-care-around-cows>

Where you identify a particular risk you should note the actions you will take to reduce the risk. It's important to carry out a risk assessment before the walk takes place, and you can always add to this during the walk.

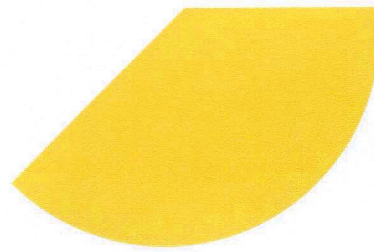
	Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
Recce	Have you researched the route you will be taking to identify any hazards and/or obstacles? ?	✓			
	Have you given members an overview of the walk and the identified hazards/obstacles e.g. the number of stiles, likely boggy areas etc?	✓			
	Do members know the length and difficulty of the walk?	✓			
Traffic	Are there suitable crossing places on the road?	✓			





	Are your attendees aware they must maintain single file on road sections?	✓			
Animals					
	Have you notified members of any routes through fields with livestock in?			✓	
	Are dogs kept on leads in relevant areas (such as around livestock, in urban areas)?			✓	
	Are members aware of the increased risk of attack by cattle when walking with dogs?			✓	
	Is there any danger of ticks or bites/stings?			✓	
Safety					
	Do you have the correct equipment needed for the walk (e.g., map, compass, whistle)?	✓			Map, O.S. App.
	Have you taken an attendance register?	✓			
	Do you have emergency contacts for all attendees?	✓			Attendees bring contact details with them
	Do you have a charged phone with emergency contact details stored on it?			✓	See above.
	Does someone know when you are expected back?			✓	
	Have members been reminded to wear appropriate footwear?	✓			
	Do you have a back marker to stay in sight and communication with group?			✓	Small group size negates need
	Is there any danger you will lose visibility or mobile phone signal?			✓	
	Have members attendees brought refreshments (such as water) for the walk?	✓			Advice was included in instructions





	Is there a first aid kit?		✓		
Weather	Have you checked the weather forecast for the day of the walk in advance?	✓			
	Is there any danger of extreme temperatures, heavy rainfall, high wind or otherwise severe weather?				
	Have walkers brought suitable clothes and footwear, and appropriate items (such as waterproofs) for the weather?	✓			

Other identified risks:	What will you do to mitigate these risks?
Uneven surfaces	Advice will be given at start and during walk.
overhanging vegetation eg branches	as above
Exposed tree roots	as above
Prevailing weather conditions	as above.

u3a	Walk Leader Risk Assessment Checklist	The Third Age Trust	
Version	Description of changes	Date of change	Review date
1.0	Original Checklist	19.10.2022	19.10.2023

