



## WALK LEADER RISK ASSESSMENT CHECKLIST

<b>u3a Name: Bracknell Forest u3a</b>	<b>Date: 22 April 2024</b>
<b>Name of person completing risk assessment checklist: Dave Lenton</b>	
<b>Interest Group: London Walks</b>	
<b>Description of Activity: Guided walk around the streets of London</b>	

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? ?	Y			I will have done a recce before the walk
	Have you given members an overview of the walk and the identified hazards/obstacles e.g. the number of stiles, likely boggy areas etc?	Y			Should not be many obstacles. Main danger is crossing roads where there is no dedicated crossing
	Do members know the length and difficulty of the walk?	Y			Information regarding the walk such as distance etc is given in my initial email publicising the walk
Traffic	Are there suitable crossing places on the road?	Y			In many places there are dedicated crossing places. I will select the most suitable points on my recce





	Are your attendees aware they must maintain single file on road sections?			N/A	
Animals	Have you notified members of any routes through fields with livestock in?			N/A	Most if not all walking will be on pavements.
	Are dogs kept on leads in relevant areas (such as around livestock, in urban areas)?			N/A	
	Are members aware of the increased risk of attack by cattle when walking with dogs?			N/A	
	Is there any danger of ticks or bites/stings?			N/A	
Safety	Do you have the correct equipment needed for the walk (e.g., map, compass, whistle)?			N/A	I use a set of books "Hidden Walks of London" as my guide to the route and places of interest.
	Have you taken an attendance register?	Y			
	Do you have emergency contacts for all attendees?	Y			Stored on Beacon
	Do you have a charged phone with emergency contact details stored on it?	Y			I can access Beacon on my phone
	Does someone know when you are expected back?			N/A	Not really applicable as We are walking in London and not in a remote area. Plenty of people and resources around if there were any difficulties.
	Have members been reminded to wear appropriate footwear?	Y			Mentioned in initial email. Just comfortable shoes
	Do you have a back marker to stay in sight and communication with group?			N/A	I make regular checks to ensure the group is together. Where possible will have a backstop.
	Is there any danger you will lose visibility or mobile phone signal?		N		Highly unlikely in London
	Have members attendees brought refreshments (such as water) for the walk?			N/A	Plenty of shops and cafes en route to buy refreshments





	Is there a first aid kit?		N		In London medical support is readily available.
Weather	Have you checked the weather forecast for the day of the walk-in advance?	Y			If really bad weather such as high winds or snow is forecast then the walk would be cancelled.
	Is there any danger of extreme temperatures, heavy rainfall, high wind or otherwise severe weather?		N		See above comment.
	Have walkers brought suitable clothes and footwear, and appropriate items (such as waterproofs) for the weather?			N/A	Plenty of places to shelter
Other identified risks:		What will you do to mitigate these risks?			
We may be travelling through busy stations, trains and pavements. I let members know that the streets of London are busy and care should be taken at all times.		I check regularly to ensure that we have not lost any members en route and between stations and on arrival at stations. If someone was to become lost, I would have their mobile number to contact them. Ask all members to bring phones and keep them switched on.			
Inclines		No real inclines in London that are likely to cause trouble			
Pre-existing health conditions		I tend not to ask for medical conditions as we stop many times enroute whilst I point out points of interest. Usually only short distances between these. If anyone was to become unwell, then would appoint someone to stay with them, whilst I continue the walk. I would remain in contact with that allocated person to keep a check. I would ask participants to bring any medication with them and to advise me of any conditions.			
Dual use of Paths by other people		Pavements in London are generally busy so I ensure we are not blocking any when we stop for points of interest. Otherwise, common sense prevails			
Meal at the Pub/Restaurant		The pub/restaurant is responsible for ensuring the correct health and safety measures are in place			
Food allergies		Members of the group choose their own meals from the Pubs/Restaurants menu so are responsible for this.			





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

