



WALK LEADER RISK ASSESSMENT CHECKLIST

u3a Name: Ards Peninsula	Date: 10/01/2024
Name of person completing risk assessment checklist: Michael Sidwell	
Interest Group: <ul style="list-style-type: none"> Allotment Garden Group Jabberwalkers Saturday Striders Strollers Ukulele (outdoor performances) 	
Description of Activity: Various outdoor activities which involve some physical activity such as walking and gardening This Risk Assessment is also used for outdoor ukulele performances, as the group will need to walk to their locations.	

This checklist is to help group leaders in the planning for a walk or other outdoor activity. 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 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 activity takes place, and you can always add to this during the activity.

Please note: Members of the group should take responsibility for wearing appropriate clothing, bringing their own medication, refreshments etc.

	Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
Recce	Have you researched the route/location you will be taking to identify any hazards and/or obstacles?	Yes			
	Have you given members an overview of the activity and the identified hazards/obstacles e.g. the number of stiles, likely boggy areas etc?	Yes			





	Do members know the length and difficulty of the activity?	Yes			
Traffic	Are there suitable crossing places on the road?	Yes			
	Are your attendees aware they must maintain single file on road sections?	Yes			
Animals	Have you notified members of any routes through fields with livestock in?			N/A	No routes through such fields will be encountered
	Are dogs kept on leads in relevant areas (such as around livestock, in urban areas)?			N/A	Dogs are not permitted
	Are members aware of the increased risk of attack by cattle when walking with dogs?			N/A	Dogs are not permitted
	Is there any danger of ticks or bites/stings?	Yes			Members have been advised to bring their own treatments should this occur
Safety	Do you have the correct equipment needed (e.g., map, compass, whistle)?	Yes			
	Have you taken an attendance register?	Yes			
	Do you have emergency contacts for all attendees?	Yes			
	Do you have a charged phone with emergency contact details stored on it?	Yes			
	Does someone know when you are expected back?			N/A	
	Have members been reminded to wear appropriate footwear?	Yes			
	Do you have a back marker to stay in sight and communication with group?	Yes			





	Is there any danger you will lose visibility or mobile phone signal?		No		
	Have members attendees brought refreshments (such as water)?	Yes			
	Is there a first aid kit?	Yes			
Weather	Have you checked the weather forecast for the day of the activity in advance?	Yes			
	Is there any danger of extreme temperatures, heavy rainfall, high wind or otherwise severe weather?		No		
	Have group members brought suitable clothes and footwear, and appropriate items (such as waterproofs) for the weather?	Yes			

Other identified risks:	What will you do to mitigate these risks?

u3a	Walk Leader Risk Assessment Checklist	The Third Age Trust	
Version	Description of changes	Date of change	Review date
1.0	Original Checklist	10/01/2024	
2.0	Amended to include other outdoor activities, in addition to walking	24/01/2024	

