

# Walk Risk Assessment Checklist

Eastwood & District U3A	
Interest Group	
Day/Date	Location: Various
Description of Activity	

Group Specific Details*	
1	Distance
2	Timing
3	Terrain
5	Level of fitness required
6	Appropriate footwear and clothing

Requirements on the day	
8	First Aid Kit
9	Emergency Blanket
10	Contact details
11	Mobile phone
12	<b>Briefing before starting out:</b> <ul style="list-style-type: none"> <li>- Outline of route</li> <li>- Any known hazards</li> <li>- Appoint a backmarker + middle markers as necessary – markers must always be able to see the markers ahead and behind them</li> <li>- Markers must be informed if a walker needs to leave the group before the end of the walk.</li> </ul>

Requirements during the walk	
13	Stay at the front but make sure you can always see the closest marker
14	Set an appropriate pace for the level of walk
15	Check the route frequently
16	Count the number in the group regularly
17	Other (specify)

\* Requirements for this group

<b>Notes</b>
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<b>Signed</b>	<b>Date</b>
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