



WALK LEADER RISK ASSESSMENT CHECKLIST

u3a Name: Mansfield & District u3a	Date: 8 September 2023 – Updated 19/3/2024
Name of person completing Risk Assessment checklist: Linda Kennedy	
Interest Group: Pathfinders	
Venue address: Variable	
Description of Activity: Walking Group covering 4-6 miles and 5-8 miles	

This checklist is to help walk leaders in the planning for a walk. 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?	√			



	Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
	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)?			N/A	Dogs not allowed
	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?	√			
Safety	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?	√			
	Do you have a charged phone with emergency contact details stored on it?	√			
	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?	√			
	Is there any danger you will lose visibility or mobile phone signal?		√		



	Have members attendees brought refreshments (such as water) for the walk?	√			
	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?		√		Checks prior to walk
	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?