



Bu3a Activity Safety Check No. 3 Walking Groups V2 Trial

u3a Name:	Date:
Name of person completing risk assessment checklist:	
Interest Group:	
Description of Activity:	Risk Assessment Ref:

This checklist is to help walk leaders in the planning for a walk. This is not 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 is important to conduct a risk assessment before the walk takes place, and you can always add to this during the walk.

			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? ?				
Hazard Awareness	Have you given members an overview of the walk and the identified hazards/obstacles e.g. the number of stiles, likely boggy areas, loose rocks, potholes, path surfaces, fallen trees, steep drops or inclines, cattlegrids, electric fences, reduction or sudden increase in the natural light that could (N.B. Walking poles can also be a trip hazard to others)				
Duration and difficulty	Do members know the length and difficulty of the walk?				



Parking	Have you advised members of suitable parking or transport arrangements				
Traffic and when walking on the road	Are there suitable, safe, crossing places on the road, at level crossings and on bridges.				
	Are members aware they must maintain single file on road sections? Is a Hi-Vis tabard required?				
Animals Insects	Have you notified members of any routes through fields with livestock?				
	Are dogs kept on leads in relevant areas (such as around livestock, in urban areas or where there are other dogs)?				
	Are members aware of the increased risk of attack by cattle when walking with dogs?				
	Is there any danger of ticks or bites/stings? Is anyone allergic to stings? Do they carry an EpiPen?				
Flora, Fauna and Water	Have members been made aware that different plants, berries that they encounter on the walk may look edible but if eaten may make them ill or vomit or may cause skin irritation by coming into contact.				
	Have members been made aware that river, pond or stream water or field bath water may look drinkable but make not be safe to drink				
Safety	Do you have the correct equipment needed for the walk (e.g., map, compass, whistle, phone)?				
	Have you taken an attendance register?				
	Do you have emergency contact details 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 backmarker with Hi-Vis tabard to stay in sight and communication with group?				
	Is there any danger you will lose visibility or mobile phone signal? What are the alternative arrangements?				
	Have members brought refreshments (such as water) for the walk? Or other food to support them for the duration?				
	Is there a chance a members could get lost or lose touch, lose visibility, or phone signal? Have you considered how this would be managed?				
	Is there a first aid kit available? What are the emergency arrangements? Do you have access to the What Three Words App on your phones? (N.B. If an incident/accident/near-miss occurs, complete the report form available in the coordinators information pack, or from the website or the Activity Safety Officer)		Checklist	Yes	
Lifting and Handling	Is assistance provided to members who need assistance with back-packs or other equipment required for the walk?				
Weather	Have you checked the weather forecast in advance for the day of the walk?				
	Is there any danger of extreme temperatures, heavy rainfall, high wind, or otherwise severe weather? What are the arrangements for a thunderstorm if out in the open?				



	Have walkers brought suitable clothes and footwear, and appropriate items (such as waterproofs) for the weather? Or Hi-Vis if required?				
Use of camping gas, lighting fires and barbeques.	If camping gas stoves are to be used, are members familiar with the safety precautions? Are members aware of the Countryside Code and the restriction on lighting fires to designated barbeque facilities. A copy of the Countryside Code is attached to this form.				

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	19.10.2022	19.10.2023
2.0	Reviewed in consideration of the Ramblers Wellbeing Walks Risk Assessment	25/04/2024	TBA



The Countryside Code



Your guide to enjoying parks and
waterways, coast and countryside

Respect everyone

- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths unless wider access is available

Protect the environment

- take your litter home - leave no trace of your visit
- do not light fires and only have BBQs where signs say you can
- always keep dogs under control and in sight
- dog poo - bag it and bin it in any public waste bin or take it home
- care for nature - do not cause damage or disturbance

Enjoy the outdoors

- check your route and local conditions
- plan your adventure - know what to expect and what you can do
- enjoy your visit, have fun, make a memory

www.countryside-code.org.uk





The Countryside Code



Follow advice and local signs

The arrows show the legal and recorded rights of way for different user groups

Footpath



Bridleway



Restricted Byway



Byway open to all traffic



Permissive Path

Follow advice on local signs as landowners voluntarily provide access to these paths and choose who can use them. Some open access areas are also made available in the same way.



National Trail

National Trails are created for walking, with horse-riding and cycling possible on some trails or trail sections.
www.nationaltrail.co.uk



Open Access

You can walk and explore away from paths.

www.openaccess.naturalengland.org.uk

For further information visit www.countryside-code.org.uk