



Interest Group:
Description of Activity:
<div style="display: flex; justify-content: space-between;"> Name of person completing risk assessment checklist: Date: </div>

ILKESTON u3a WALK LEADER RISK ASSESSMENT AND CHECKLIST

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. 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>

	Risk Assessment Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
Member wellbeing and safety	Have you taken a register of attendees?				
	Do you attendees all have their membership badges with their emergency contact details completed on the reverse?				
	Have attendees had the opportunity to make the group leader aware of any illnesses that may impact their participation and what actions should be taken if illness occurs? Note, this is not an obligation on members.				
	Are all attendees wearing suitable clothing/ footwear?				



	Is there a first aid kit?				
	Are attendees aware in the event of a serious incident, they need to appoint a nominated person to take charge of first aid arrangements?				

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?				
	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)?				
	Are members aware of the increased risk of attack by cattle when walking with dogs?				
	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)?				
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	Do you have a charged phone with emergency contact details stored on it?				
	Does someone know when you are expected back?				
	Do you have a 'back marker' to stay in sight and communicate with the group?				
	Is there any danger you will lose visibility or mobile phone signal?				
	Have members attendees brought refreshments such as water/ pack lunch for the walk?				
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?				
	Have walkers brought suitable clothes and footwear, and appropriate items (such as waterproofs) for the weather?				

Other identified risks:	Score From chart below	What will you do to mitigate these risks?



Risk Factor Score Matrix

LIKELIHOOD Factor Score (1-4) X SEVERITY Factor Score (1-4) = RISK Factor Score

		LIKELIHOOD			
		Risk Rating	Remote 1	Possible 2 (Could occur sometimes)	Probable 3
S E V E R I T Y	Minor Injury 1	LOW 1	LOW 2	LOW 3	LOW 4
	Significant Injury 2 (Includes lost time injuries)	LOW 2	LOW 4	MEDIUM 6	MEDIUM 8
	Major Injury 3 (Hospital and / or 7 days)	LOW 3	MEDIUM 6	HIGH 9	HIGH 12
	Fatality 4	LOW 4	MEDIUM 8	HIGH 12	HIGH 16

Signature of person completing Risk assessment Date

u3a	Ilkeston u3a Walk Leader Checklist and Risk Assessment Checklist		
Version	Description of changes	Date of change	Review date
Issue 1	Original Third Age Trust Checklist amended for Ilkeston u3a local use	24/12/2023	Setp 2024
Issue 2	Added items and Risk Factor table	Sept 2024	Sept 2025