



WALK LEADER RISK ASSESSMENT CHECKLIST

u3a Name: NEWMARKET	Date:
Name of person completing risk assessment checklist:	
Interest Group:	
Description of Activity:	

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? ?	New			
	Have you given members an overview of the walk and the identified hazards/obstacles e.g. the number of stiles, likely boggy areas etc?		x		Give verbally at start of the walk and as walk progresses.
	Do members know the length and difficulty of the walk?		x		Advise verbally at start of walk
Traffic	Are your attendees aware they must maintain single file on road sections?		x		Advise verbally at start of walk
Animals	Have you notified members of any routes through fields with livestock in?		x		Advise verbally at start of the walk and reminded any dogs should be kept on leads
Safety	Do you have a map for the walk?				





	Have you counted the number of walkers				At beginning: At end:
	Have all members been advised to carry details of emergency contacts		x		Ask all those attending alone at beginning of walk.
	Do you have a charged phone?				
	Does someone know when you are expected back?	x			Lunch venue and Organiser
	Have members been reminded to wear appropriate footwear and clothing?				Remind verbally at the start of the walk
	Is there a first aid kit?				
	Have the participants been told that if any walker decides to leave the walk, they must be accompanied by at least one other person?				Advise verbally at the start of the walk
Weather	Have you checked the weather forecast for the day of the walk in advance?				
	Have walkers brought suitable clothes and footwear, and appropriate items (such as waterproofs) for the weather?				

Newmarket U3A will ensure this Risk Assessment is kept up to date and reviewed annually

Approved: 17 November 2025

Review Date: October 2026

