

This Standard Risk Assessment form should be available to group members.

u3a in Kennet. Risk Assessment for Walking Groups

This checklist is to help in the planning for a walking session. It is possible that you will need to add to this risk assessment checklist. 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 trip takes place and you can add to this during your trip.

Hazard	Control Measures
<p>Risks to the well-being and safety of the participants</p> <p>Risk Accidents or illness during a session.</p> <p>Risk Level Low</p>	<p>The Group/Walk Leader's Responsibilities</p> <p>In the previous few weeks before a walk, the route should be walked by the Leader, (Ideally with another person) and all possible hazards such as stiles, uneven ground, hills, farmers' notices, overgrown foliage, cows, flooding, the likely time, distance and opportunities for rest breaks noted. The group should be informed in adequate time before the day to enable appropriate preparations including footwear etc to be made. The Walk Leader should complete a weather check beforehand for its suitability for the walk, any adverse weather conditions be considered and the group informed before the walk.</p> <p>On the day of the walk a register of the participants should be completed at the commencement of the walk and then checked off at its completion. An appropriate First Aid kit and at least one mobile phone should be carried and be available. The vanguard and back marker(s) should be appointed. When crossing roads, appropriate safety lookouts should be positioned. Hi- Vis clothing would add to safety.</p> <p>Should an accident occur, the accompanying u3a In Kennet Accident Report Form should be completed and sent to chair@u3ainkennet.org.uk. a.s.a.p.'</p>
	<p>Participants' Responsibilities</p>
	<p>Each person is responsible for their own safety and should not take risks. Each should be aware for the safety of others and have their own emergency contact details to be available in case of an accident e.g. on a card or mobile phone. All should feel well enough to attend the event. If a participant feels unwell during the walk, he/she must seek help before a crisis arises. Those leaving the walk because they feel unwell must be accompanied.</p>