

Walking Groups Risk Assessment Checklist

U3A Name	
Crouch End & District U3A	
Interest Group	
Location:	
Dates of walk :	
Length :	
Outbound/inbound travel:	
Nature and Description of Activity	
<ul style="list-style-type: none"> • The risk assessment consists of this completed checklist and the detailed plan of the walk • The risk assessment identifies the control measures needed to manage the risk and ensure a satisfactory outcome 	
ACTIVITY CHECKLIST	
STAGE1 PLANNING THE WALK	
<ul style="list-style-type: none"> • Check the availability and personal circumstances of the walk leader. • Do they or someone in their household have COVID symptoms? • (If so, they should not lead a walk under any circumstances) • Walk leader to plan travel to/from walk to follow best practice • Is there a designated 'second' to support the leader and able to take over should that be necessary • Off peak journey times • Reduce number of changes • Avoid 'busy' stations • Walk leader to plan route and walk it in advance (the 'recce') as close to the date as possible to inform risk assessment. • Risk assessment to include: <ul style="list-style-type: none"> • Lunch/break stops • Avoiding stiles where possible • Escape route if walk has to be cut short. • Access to toilet facilities • Group size limited to 18 including leader/s to minimise 	Yes (✓)

risk of transmission and reduce impact on public transport

STAGE 2 BOOKING PLACES

- Walkers to book place directly with convenor via CEDU3A web-site
- All members wishing to take part on the walk must assess their own health and fitness to take part
- All members must confirm they have read the activity checklist and have signed Part. 2. (Personal Checklist Outcomes).
- **No one is permitted on a walk unless this is completed.**

STAGE 3 ON THE DAY of the WALK

- All walkers must exercise caution and take personal responsibility for complying with the guidance provided.
- Walkers must not take part if they or a close contact have recently tested positive for Covid-19 or shown any Covid-19 symptoms
- Convenor/walk leader to carry a list of contact details and emergency phone numbers and complete a register of attendance.
- Convenor/walk leader to carry a first aid kit and emergency blanket
- Convenor/walk leader to have a high-vis tabard available for any lengthy road sections or dangerous crossings

STAGE 4 DURING THE WALK

- Walk leader to brief participants at start of walk to include:
 - Details of the route and known hazards
 - Shared responsibility to ensure all follow the guidance
 - Emergency arrangements
 - Appointing a backmarker
 - Taking particular care when crossing stiles or at busy roads
 - Walking at an appropriate pace so they remain in visual contact with leader and backmarker at all times.
 - Members to inform walk leader of any problems during the walk asap
- Leader (and others) to use face mask in case of any incidents where physical distancing is no longer possible.
- Any injuries or illness on the walk to be dealt with by following the group protocols.
- Leader to:
 - Maintain visual contact with backmarker at all times
 - Check the route frequently

	<ul style="list-style-type: none"> • Set an appropriate pace for the group • Periodically count the number in the group • Constantly be alert to changes in level of risk 	
Signed and dated (Group Organiser):		

Before Activity Personal Checklist:		Yes (✓)
	<p>Key questions to consider:</p> <p>Taking account of the length and difficulty of the route, will you be able to complete the walk and maintain the pace set by the leader?</p> <p>Do you have any underlying health issues or take any medication that may affect your ability to complete the walk?</p> <p>Do you (or someone else from your household) have COVID-19 symptoms? Have you tested positive for COVID-19? If so, you should not attend a walk under any circumstances.</p> <p>Are you (or someone in your household) 'clinically vulnerable'?</p> <p>If you and/or someone you live with is in this higher risk category, be especially careful with your personal assessment.</p> <p>All participants to:</p> <ul style="list-style-type: none"> • Review their own health and physical fitness, taking into account their age and any existing medical conditions. • Review the risk check list for the activity (above) and consider if they can complete the walk without adverse risk to themselves or others. • If you conclude you are able to take part then sign and date part 2 of this form and confirm to the walk leader that you have done so. 	
Part 2. Personal Checklist Outcomes:		Yes (✓)
	<p>I consider that my health and physical fitness enables me to complete the walk.</p> <p>My fitness means that I will be able to maintain contact with</p>	

	<p>the main group at all times.</p> <p>I have read the activity checklist and agree to adhere to the measures described.</p> <p>I consider that I can take part in the activity without adverse risk to myself or others.</p>	
Signed		Date