

Walk Leader Risk Assessment Checklist

Leader Name	Group Name
Date	Distance

Before the walk - Provision of information to prospective walkers:

Location	Car parking facilities/meeting points
Timing	What to bring – food/drink/compass/map/phone
Linear/circular route	Identify 'break off' points (e.g. if any feel unable to continue)
Terrain	Toilet/refreshment facilities en route
Height/climbs involved	Public transport options
Level of fitness required	Need of walkers to supply emergency contact details and relevant medical details
Appropriate footwear and clothing	
Dogs permitted	

On the day:

Check first aid kit and emergency blanket	Emergency arrangements – illness, exhaustion, accident, weather problems, terrain problems, lost contact with group
Identify any first aiders	
Before starting out:	
Route	Be prepared to advise inadequately equipped walkers not to go, but they must make the final decision
Duration	
Terrain	
Known hazards	Appoint a back marker

During the walk:

Stay at the front but make sure you can always see the backmarker
Set an appropriate pace for the level of walk
Check the route frequently
Periodically count the number in the group
Other(specify)

Signed:	Dated:
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FURTHER NOTES MAY BE RECORDED OVERLEAF