



WALK LEADER RISK ASSESSMENT CHECKLIST

u3a Name: BOGNOR REGIS U3A	Date: 8/01/2025
Name of person completing risk assessment checklist: MICHAEL SHAWYER	
Interest Group: WALKING FOR HEALTH AND FITNESS	
Description of Activity: Fortnightly walks along Bognor Beach Promenade for 1.5 miles easterly and returning to the start point, Total 3 miles. The walk is traffic free and on asphalted paths. Should bad weather need us to change the route we will go inland, again on flat pavements.	

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. This form can (and should) be altered to suit specific walk requirements. 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>

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 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? ?	yes			The group will stay together and be registered and counted.
	Have you given members an overview of the walk and the identified hazards/obstacles e.g. the number of stiles, likely boggy areas etc?	yes			The route is flat and traffic free, only obstacles are cycles, dogs and other users.
	Do members know the length and difficulty of the walk?	yes			
Traffic	Are there suitable crossing places on the road?			n/a	We do not cross any roads.





	Are your attendees aware they must maintain single file on road sections?			n/a	We do not use any roads
Animals	Have you notified members of any routes through fields with livestock in?			n/a	
	Are dogs kept on leads in relevant areas (such as around livestock, in urban areas)?	yes			
	Are members aware of the increased risk of attack by cattle when walking with dogs?			n/a	
	Is there any danger of ticks or bites/stings?			n/a	
Safety	Do you have the correct equipment needed for the walk (e.g., map, compass, whistle)?			n/a	
	Have you taken an attendance register?	yes			
	Do you have emergency contacts for all attendees?	yes			
	Do you have a charged phone with emergency contact details stored on it?				No always as new members may join the group on a walk by walk basis
	Does someone know when you are expected back?	yes			
	Have members been reminded to wear appropriate footwear?			n/a	
	Do you have a back marker to stay in sight and communication with group?	yes			
	Is there any danger you will lose visibility or mobile phone signal?		no		
	Have members attendees brought refreshments (such as water) for the walk?			n/a	





	Is there a first aid kit?			n/a	In an urban environment.
Weather	Have you checked the weather forecast for the day of the walk in advance?	yes			
	Is there any danger of extreme temperatures, heavy rainfall, high wind or otherwise severe weather?		no		
	Have walkers brought suitable clothes and footwear, and appropriate items (such as waterproofs) for the weather?			n/a	

Other identified risks:	What will you do to mitigate these risks?
cyclists	Walkers are reminded to be aware
Dogs	Most prom users do have their dogs on leads but walkers are reminded to take care
Falling, tripping.	The group stays together and help first aid can be sought immediately. Access for first aid is easy on the prom.

u3a	Walk Leader Risk Assessment Checklist	The Third Age Trust	
Version	Description of changes	Date of change	Review date
1.0	Original Checklist	19.10.2022	19.10.2023

