



## OUTDOOR SPORTING RISK ASSESSMENT CHECKLIST

<b>u3a Name: Bognor Regis</b>	<b>Date: 28/1/25</b>
<b>Name of person completing risk assessment checklist: Phillip Henke</b>	
<b>Interest Group: Dog Walking</b>	
<b>Description of Activity: Walking dogs in Bognor Regis</b>	

This checklist is to help in the planning for an outdoor sporting activity. 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 activity requirements.

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 checklist before the activity takes place, and you can always add to this during the activity.

	Risk Assessment Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
Member wellbeing and safety	Have you taken a register of attendees?	Yes			
	Do you have the emergency contact details of each attendee if members are happy to provide this information?	Yes			
	Have you checked the weather to ensure that it is suitable for this u3a activity to go ahead?	Yes			
	Do all attendees have access to water?	Yes			Local cafe
	Have all attendees removed loose jewellery (if appropriate)?			N/A	
	Are all attendees wearing suitable clothing/footwear?			N/A	This is a flat walk along the various parks and sea front of Bognor Regis. Suitable clothing depends on weather conditions.





	Have attendees appropriately warmed up?			N/A	Not a vigorous exercise
	Have attendees had the opportunity to make the group leader aware of any illnesses that may impact their participation and what actions should be taken if illness occurs? Note, this is not an obligation on members.	Yes			
	Is there a space for attendees who need to take a break?	Yes			
	Is there a first aid box that is easy to access and fully stocked?		No		
	Are attendees aware in the event of a serious incident, they should call emergency services even if there is a trained first aider present?	Yes			
Activity area/ public space	Is the activity taking place in an area specifically designed for this activity (e.g., a tennis court)?	Yes			
	Is the activity area suitable for the activity taking place?	Yes			
	Is the activity area accessible to attendees?	Yes			
	Is the activity area accessible to emergency vehicles?	Yes			
	Have you inspected the ground and activity area for hazards?	Yes			
	Have you removed any hazards in the activity area if safe to do so?			N/A	
	Are spectators a safe distance away from the activity area?			N/A	
	Is there a secure area to store attendees' belongings during the u3a activity?			N/A	





Equipment	Is the equipment in good condition and fit for use?			N/A	
	Have attendees received a demonstration on how to use equipment correctly?			N/A	
	Is there the correct equipment/vehicle to transport heavy items required for the activity (if applicable)?			N/A	
	Is there a lockable storage or secure area to store equipment when not in use (if applicable)?			N/A	

Other identified risks:	What will you do to mitigate these risks?
Dogs could get out of control	All dogs to be on leads and if they are not a sociable animal they may be excluded or asked to wear a muzzle.

<b>u3a</b>	<b>Outdoor Sporting Risk Assessment Checklist</b>	The Third Age Trust	
Version	Description of changes	Date of change	Review date
1.0	Original Checklist	12.09.2022	12.09.2023

