

WALK LEADER CHECKLIST

U3A Name:		
U3A Interest Group:		
Walk Name:		
Distance:		
Terrain Type:		
Date:		
BEFORE WALK		
1	Provision of information to prospective walkers: <ul style="list-style-type: none"> a) Location b) Distance c) Timing d) Linear / Circular Route e) Terrain f) Height and climbs involved g) Level of fitness required h) Appropriate Footwear & Clothing i) Toilet / refreshment facilities en route j) What to bring - Food / Drink / Compass / Map / Mobile Phone k) Dogs permitted? l) Meeting point m) Public transport options n) Car parking facilities o) Need of walkers to bring an emergency telephone number and relevant Medical details 	Yes
ON THE DAY		
1	Check first aid kit & emergency blanket	
2	Briefing before starting out: <ul style="list-style-type: none"> a. Route b. Duration c. Terrain d. Known Hazards e. Emergency Arrangements - illness, exhaustion, accident, weather problems, terrain problems, lost contact with group f. Be prepared to advise inadequately equipped walkers not to go 	
3	Appoint a backmarker	
DURING THE WALK		
1	Stay at the front but make sure you can always see the backmarker	
2	Set an appropriate pace for the level of walk	
3	Check the route frequently	
10	Periodically count the number in the group	
11	Other(specify)	