

SUGGESTED WALK LEADER CHECKLIST

U3A Name:	
U3A Interest Group:	
Walk Name:	
Distance:	
Terrain Type:	
Date:	

BEFORE THE WALK		Yes
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 and 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 option n. Car parking facilities o. Need of walkers to bring an emergency telephone number and relevant medical information. 	
ON THE DAY		
1.	Check First Aid Kit and 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	
4.	Periodically count the number in the group	
	Other (specify)	