

**WALKS DISCLAIMER & RISK ASSESSMENT**

**Page 1 to be completed and returned to your walk leader who will forward to the u3a Secretary**

Walking is one of the healthiest and safest of Outdoor Activities.

However, neither Cestria u3a at Chester-le-Street nor the Walk Leader/Organiser of the walk(s) has control of the environment of the walks, the weather, any animals or indeed of any of the walkers themselves, and whilst taking normal precautions, providing reasonable help and assistance as necessary, they cannot accept responsibility for any circumstances affecting the Health or Safety of the Walkers in the party.

Walks organised by u3a Groups automatically receive Public Liability Insurance cover, provided the leaders are u3a members, through the Third Age Trust. This is designed to protect leaders against claims for damage to property and for injury or death which might have been occasioned on the walk. This is NOT a personal accident insurance and accordingly participants on walks are responsible for their own Health and Safety and the safe keeping of their equipment, clothing and belongings.

Participants on Walks should follow the advice/instructions of the Walk Leader in order to minimise any risk to themselves and should also ensure that they do not endanger any others in the party.

Unfortunately we can only accommodate assisting dogs on our walks, but please ask advice from the walk leader before the walk.

Please provide details of someone we could contact in case of an emergency.

**I have read, understood and accept the foregoing Disclaimer.**

Please print your Name in Block Letters, then Sign and Date below.

**NAME**

**SIGNATURE**

**DATE**

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**YOUR U3A GROUP AND MEMBERSHIP NUMBER**

**YOUR MOBILE PHONE NUMBER**

**NAME AND MOBILE/CONTACT DETAILS IN CASE OF EMERGENCY**

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## **RISK ASSESSMENT**

**Page 2 to be kept by u3a member.**

### **Please be aware that:**

- Members are responsible for their own safety and walk at their own risk. If the Walk Leader judges you to be unfit for the walk, their advice should be considered seriously.
- Please carry contact details, in case of emergency, and you may wish to include details of any medications and allergies that paramedics would need to make note of. Also, please carry this information where it can easily be found.
- All participants to review their own personal health and circumstances and refer to current Government guidance for different risk categories in Covid19 and what measures are recommended for people over 70 and/or with various medical conditions.
- Consider the health risk category of anyone else you are isolating with in your household.
- You may be walking through muddy fields and paths so suitable footwear is needed. As we get into Autumn / Winter suitable waterproofs may be needed.
- There may be stiles and/or hills to climb.
- You may be walking through fields containing farm animals.
- In the event that an incident occurs involving injury or the possibility of injury or anything else of concern, details should be given to our u3a Secretary as soon as possible using the incident report form, a copy of which is available on our website or from the Walk Leader.