



CESTRIA U3A WALKS SAFETY ADVICE POLICY 2025

These notes are for general information concerning Health and Safety on walks and are intended for the leaders of u3a walking groups. Some of this information may be considered to be common sense by experienced walk leaders but others will find some helpful hints. The notes are written with the advice of the u3a Walking Network Advisor.

Health and Safety of our members is vital for our members. The implementation of any safety procedures is at the discretion of the walk leaders.

The u3a have issued a risk assessment guide entitled 'Walk Leader Checklist' which includes a list of information for walk leaders and walkers. Walk leaders should be aware of the contents of this list and follow the advice given. The form does not need to be completed for every walk but is given as an aide memoire.

A first aid kit suitable for walkers is supplied for each Walking Group. The walk leader should check the contents and know what is available.

u3a walking groups are not required to have a trained first aider and the insurance advice is to contact the emergency services immediately in the event of a serious incident, even if there happens to be a member present who has attended a first aid course.

When planning a walk, doing a recce is strongly recommended. It will help you work out how much time you'll need, find places of interest and good rest stops, as well as spot potential risks and accessibility issues.

The walk leader should aim to provide a walk suitable to the needs of the group, however, u3a members need to be aware of their own abilities when deciding which walk group to attend.

An email is sent out before the walk to describe the walk allowing members to assess whether the walk is suitable for themselves.

The u3a members should carry contact details, in case of emergency, and may wish to include details of any medications and allergies that paramedics would need to make note of. This information should be where it can easily be found.

In the event that an incident occurs involving injury or the possibility of injury or anything else of concern, details should be given to your u3a Secretary using the "Incident Report Form".

The weather plays an important role on a walk. Check the forecast before heading out and prepare for how different weather conditions might affect your plans. Assess risks on the





route As a walk leader, you must always plan and assess the risks in advance. Cancel a walk if necessary or come up with a different walk.

Keep an eye on the group, weather, terrain and time adapting your plans if the conditions change.

For longer walks, where possible walk within the group, chatting with people and keeping in touch with how they are doing, Plan regular breaks, set a pace that suits everyone and makes sure you never leave anyone behind by going too fast.

Walking with the u3a is the most popular, enjoyable and safest form of physical exercise. However, in view of the age group of our walkers, the walk leaders should be aware of possible Health and Safety issues and how to deal with accidents.