u3a
Cestria

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 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_____

_____

YOUR U3A GROUP AND MEMBERSHIP NUMBER_____

YOUR MOBILE PHONE NUMBER_____

NAME AND MOBILE/CONTACT DETAILS IN CASE OF EMERGENCY

_____

CESTRIA u3a Walking Group Risk Assessment: (to be kept by u3a members.)

Please be mindful of the following:

- ☐ Members are responsible for their own safety and walk at their own risk.
- ☐ **Our u3a website https://cestria.u3asite.uk/groups/ offers information about each walking group. Please consider your own abilities before deciding which group to attend.**
- ☐ An email is sent out before the walk to describe the walk allowing you to assess whether the walk is suitable.
- ☐ The walk leader is responsible for the whole group and cannot leave you by yourself if you are unable to continue the walk.
- ☐ In the event that an incident occurs ie: accident/illness/exhaustion or injury then the group will stay together, the walk leader requesting help where necessary
- ☐ If the Walk Leader judges you to be unfit for the walk, their advice should be taken seriously.
- ☐ **Members of Cestria u3a may take part in our walks, and those members of Houghton-le-Spring, Washington, Washington Village and Wessington u3a's which are part of our Local Network**
- ☐ People who are seriously considering joining Cestria u3a, may attend two meetings or other events before joining the u3a.
- ☐ **Please do not invite non-members on our walks ie: friends or family.**
- ☐ Please carry contact details, in case of emergency with you, and where they can be easily found. You may also wish to include details of any medications and allergies that paramedics would need to make note of. These details can be added to your phone.
- ☐ **You may be walking through muddy fields and paths so suitable footwear is required along with a walking pole which can be very beneficial. There could be stiles, inclines or farm animals. (usually only associated with the Friday Walking Group)**
- ☐ In the event that an incident occurs involving injury or the possibility of injury or anything else of concern, details should be taken by the walk leader and given to our u3a Secretary as soon as possible. Having a carer accompany members on the walks needs to be arranged/discussed with the walk leader **before** the day of the walk and will depend on the circumstances ie: The member needs the ability to complete the walk with the group.