

Risk Assessment for Balsall Common U3A Ramblers and Short Walk Groups — July 2021

This Risk Assessment has been updated and will be applicable from 19th July 2021

Walk Leader

The walk will be led by a walk leader. He/she will be in charge of all events on the day and will undertake a risk assessment of the walk itself, bearing in mind the usual potential problems, including, but not limited to, stiles, kissing gates, slopes/hills, distance, parking areas, weather conditions, etc. These will be published to all members in advance of the walk date, either direct by the walk leader or via the group leader and the Beacon communication system, or both.

The leader may at his/her discretion limit the number attending for whatever reason he/she feels fit to make matters safe for all or to suit the conditions of the walk. In such an occasion the walk leader will record the members' details attending in each group (in writing) in order to control who attends the walk. The walk leader may at his/her discretion arrange for a post walk social gathering and will advise the group accordingly but this is not mandatory.

The walk leader will not be required to undertake others' self-assessment but may check with each member that this has been carried out.

In an emergency the walk leader will assess the action to take which could be to call one of the known emergency numbers (999, 112, 111, 101) for assistance. To aid this, members must have on their person a card or other record of their name, address and contact number.

Individual

Members will observe the following advice from U3A head office:

"Personal risk assessment — Each participant will be required to complete a personal risk assessment considering the following:

The Third Age Trust advice is that it is imperative that everyone completes a personal assessment of this nature and records it. This is however, a personal exercise and does not need to be shared with group leaders. It is sufficient for you to inform them that you have considered your personal situation and decided that you are safe to take part in the activity as arranged.

This is important because there are differing requirements for:

- people with different health conditions: clinically vulnerable, or clinically extremely vulnerable
- people of different ages

The Third Age Trust advice is that a personal participation risk assessment should take into consideration a person's physical health and any underlying issues, age and the health and circumstances of those they may be living with or isolating with in their household."