

Risk Assessment for Balsall Common u3a Ramblers and Short Walk Groups — March 2024

This Risk Assessment has been updated and will be applicable from 19th March 2024.

Walk Leader.

The walk will be led by a walk leader. They 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, and also on the website.

The leader may at their discretion limit the number attending for whatever reason they feel fit to make matters safe for all or to suit the conditions of the walk. In such an occasion the walk leader can record the members' details attending in each group in order to control who attends the walk.

The walk leader may, at their 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 of the risks 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 must 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."

As a consequence of the above it is necessary for all attendees to all u3a functions to register at every function. For Ramblers and Short Walkers it is sufficient just to sign your name on a piece of paper provided by the leader, at the start of the walk. It is the individual's responsibility to be sure they are fit and capable of doing the walk (as stated above) and if they do not sign they will not be covered by the u3a insurance if anything happens. Not signing does not prevent a member taking part.