

FRIENDS of the S&DR

CHECK LIST for WALK LEADERS

- 1) A RISK ASSESSMENT must be carried out before each walk and the Walk Leader must have walked the route in advance so as to identify any particular hazards from stock, mud or difficult stiles etc.
- 2) The Walk Leader must collect the name, mobile number (where available), house no. & post code of each participant and their emergency contact, and the Leader must have all mobile numbers on the walk. The Leader must carry a mobile phone and ensure each walker has the number. The Leader must carry a minor First Aid Kit. Should the police/ ambulance have to be called, the Leader is charged with calling these services.
- 3) The Walk Leader is responsible for timing between stops (he/she must bear in mind that some people are slow and many will ask questions). The Leader should wait for walkers at the rear to arrive at a stop before addressing the group, and allow the last walker to catch his/her breath before setting off again. The group must be moved on when falling behind schedule, particularly if other parties are to be met along the way (the Leader should recognise that not every artefact needs explanation)
- 4) When there are more than 6 participants, someone must be appointed as rear guard.
- 5) All participants must wear sturdy walking boots or shoes and be dressed in suitable clothing for current weather conditions and carry water.
- 6) Dogs may accompany owners on most of the walks as long as they are kept under control and the owners have leads. Owners should register with the Walk Leader that they wish to have a dog with them.
- 7) Walkers should abide by the government guidelines in force at the time in relation to Covid or any other pandemic. Participant should have masks with them which, at the current time (March 2022), must be worn when entering buildings but not necessarily in the open

Date of walk..... Walk Leader.....