A SUGGESTED CHECKLIST FOR U3A WALKING GROUP LEADERS

BEFORE YOUR WALK

Choose the Route

- location, length, timing, circular/linear, consider terrain, height, climbs, season, strength of party
- from map or guidebook or combination, research points of interest
- transport options, meeting point and car parking facilities, check timings, lunch options, rest stops, alternative or escape routes in case of bad weather
- write route card

Carry out a Recce (take a friend)

- check the meeting point is suitable, walk full route, note critical navigation points and bearings, assess risks, adjust route and escape routes if necessary, check timings, check rest, lunch and toilet stops
- give a summary in the walking programme

THE DAY BEFORE YOUR WALK

- check and assess weather forecast, review alternative route if necessary
- check personal gear, first aid kit, compass, map and mobile phone.
- check public transport, warn pub/cafe if necessary.

ON THE DAY – AT THE START

- be early, be welcoming, especially to newcomers
- check all walkers on the list are present
- check fitness and equipment of party, identify anyone with special needs
- introduction: welcome, introduce yourself, give walk details, points of special interest, refreshment and rest stops, estimated return time
- appoint a backmarker, if required; tell people they must alert the group in front if they are unable to keep up

ON THE DAY – THE WALK

- stay at or near the front, check often you can see your backmarker
- set a reasonable pace, watch for stragglers; count the group at regular intervals and after deviations from the “obvious route”
- concentrate on navigation, check timing against route card
- manage: flow of party/regrouping/passage past gates and over stiles/impact on countryside/rest stops
- be alert to problems (individual, weather, road walking etc.) involve others in party as necessary
- enjoy the walk!

AT THE END OF THE WALK

- check everyone has returned and can get home
- record any incidents

AFTER THE WALK

- record those members on the walk
- file the walk details for a possible future walk.