

Bridgnorth and District u3a, Short Walks Risk Assessment

Terrain: Low risk; all our walks are selected for our age group. They may include slight inclines, but nothing too steep.

We stick to public footpaths, which may be in variable condition.

There may be some muddy and slippery areas.

Walkers should ensure they wear suitable footwear and use a stick or pole if necessary.

There may be stiles on the route. We will attempt to give advance notice when we are aware of stiles. Walkers should offer or accept assistance when needed.

Weather: We cancel walks when extreme weather is expected. Walkers should make their own assessment of weather conditions on the day of the walk and act accordingly.

Traffic: There are occasions when we need to walk along a minor road or cross a major road. When crossing any road, walkers should cross in small groups and should look out for each other. Walk leaders and back markers will shout a warning of approaching cars when walking on minor roads.

Animals: On occasions we may cross a field containing animals. We will give advance notice when we know this is likely. Walkers should not make exaggerated movements or loud noises which may disturb animals. Any walker with a phobia of animals should make this known to the walk leaders and walk within a group of other walkers.

Numbers: We do not wish to impose any limit on the number of walkers. If anyone feels that numbers are too high, please raise this with the walk leaders.

Specific Health Problems: Any walker with a specific health problem is requested to make this known to the walk leaders and to advise them of action to be taken if a problem arises.