

Health and Safety Event Management Record Sheet for Walks

Walk		Date	
Leader		Start time	
Description			
Starting point			

Is the walk:

No more hazardous than daily life?	Hazardous?	Dangerous?

Length Km	Ascent and descent m.	Expected time to finish

Easy	Moderate	Strenuous	Stiles	Scrambling	Rough or slippery ground

Level of fitness required:

Modest	Fit	Very fit

Equipment required:

Footwear	Waterproofs	Warm layers	Food
Drink	Sunblock	Insect repellent	Other

Hazards

Identified hazard	Level of risk (low, medium or high)	Risk reduction measures in place

Safety equipment required, to be provided by the leader:

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(continued)

Name of person with first aid knowledge	
How can the emergency services be contacted?	
Where is the nearest emergency service?	

_____ is aware of our plans, and should be contacted in the event of an emergency by phoning:

Please inform the leader if you have any medical condition that could that the leader should know about - i.e. a condition that might lead to an emergency such as diabetes, epilepsy, coronary heart disease or a severe allergy etc. If so, how might such an emergency best be handled?

The leader has inspected the route recently, and will be responsible for route finding. He or she is responsible for organising maps, compasses and other equipment needed to ensure the safety of the group.

Please ensure your level of fitness is sufficient for the planned walk, and that you are carrying appropriate equipment as listed above, and are appropriately clad and shod so that you are reasonably prepared for any deterioration in the weather or the unexpected. Please ensure you do not get separated from the group, but consider carrying a map just in case.