

WALK LEADERS CHECKLIST

BEFORE WALK – GROUP LEADER		
1	Provision of information to prospective walkers in advance of walk date:	
a)	Location	
b)	Distance	
c)	Timing	
d)	Linear / Circular route	
e)	Terrain	
f)	Height and Climbs involved	
g)	Appropriate Footwear and Clothing	
h)	Toilet / refreshment facilities en route	
i)	Advise walkers to bring a drink	
j)	Meeting point	
k)	Car Parking facilities	
l)	Need of walkers to bring an emergency telephone number and relevant medical details	
ON THE DAY – WALK LEADER		
1	Bring map, first aid kit, fluorescent jacket(s), mobile phone	
2	Briefing before starting out	
a)	Route	
b)	Duration	
c)	Terrain	
d)	Known Hazards	
e)	Be prepared to advise inadequately equipped walkers not to go	
3	Appoint a backmarker	
DURING THE WALK – WALK LEADER		
1	Stay at the front but make sure that you can always see the backmarker	
2	Set an appropriate pace for the level of walk	
3	Check the route frequently	
4	Other (specify)	