

SHEFFIELD U3A WALK AND TALK GERMAN

Please read this checklist, which is required by Sheffield U3A and conforms to U3A and Ramblers' Association guidelines, and consult it before walks as a Personal Risk Assessment.

The U3A is a charity and as such is subject to Charity Commission regulations - see above and below! It provides only third-party insurance.

Please also ensure that the Co-ordinator Team has your latest telephone number and up-to-date emergency details (as required of all group members).

Before the Walk

1. The route should be known and checked by the walk leader (see walks programme) and hazards such as fast roads, steep sections, muddy conditions, cattle on field paths etc should be considered.
2. A poor weather forecast does not necessarily indicate that there will be a need for cancellation, but any last minute change to plans (because of weather or for other reasons) must be announced by email and WhatsApp BEFORE 8.30am on the day (at the latest) by the walk leader.
3. Members will be advised in advance of the length and difficulty of the walk and of time and location to meet (initially through the walks programme on the group's SU3A home page). (In principle, up to 30 walkers may participate).
4. Each walker must decide whether the planned walk is suitable for her/himself, having considered the information provided on the home page and any additional guidance offered by the leader (through WhatsApp or by email, either to all members or in response to an enquiry).
5. Members should be aware that if they are late the group may set off without them UNLESS they have confirmed that they will definitely be attending. Please confirm your attendance in advance if you can!
6. Those walking should have at least one between them of:
 - Map (and compass if walk could require this)
 - First Aid Kit

- Mobile phone – charged
 - and each: details of name, address, d o b, significant health conditions/medications, & phone number of personal contact/next of kin (on card or phone emergency screen)
- (In addition, the Co-ordinator Team has access to a secure database providing these details).

At the start of the walk

7. All walkers should be SU3A members (or potential members attending as one of two “ taster sessions “).
8. The walk leader should count those walking and if necessary provide last minute information to the group.
9. Each walker should have appropriate clothing and headgear, suitable footwear for the terrain, a drink, and possibly a snack.

During the walk

10. Please remember to follow the Country Code and Highway Code (walking in single file facing traffic if the road has no footpath, keeping dogs on leads where appropriate & shutting gates etc).
11. The walk leader should make sure everyone is comfortable with the pace, and all walkers should look out for people in difficulty, ensuring that anyone feeling unwell is not left alone. The leader should know who is the “ back marker” and stop periodically to ensure that slow walkers can catch up, so that no one gets lost, and to count numbers .

End of the walk

12. The walk leader checks that everyone is accounted for and has access to transport where applicable. Please pass the names of attendees to the Group Co-ordinators for our informal group records.

Updated January 2026

