SHEFFIELD U3A WALK AND TALK GERMAN

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

As a charity the U3A 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).

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).

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 (usually through WhatsApp or by email).

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. Appropriate dress, equipment and refreshment should of course be provided by individuals.

During the walk

10. Please observe 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 check periodically that everyone is present, and particularly during a long walk there should be at least one short break.

End of the walk

12. The walk leader checks that everyone is accounted for and has access to transport where applicable.

Updated October 2026