

Walk and cycle ride risk checklist

Date completed:
Person completing checklist:
Interest group:
Description of activity:

This checklist is to help Walk and Cycle Ride Leaders in the planning for an outing. It isn't an exhaustive list, so please add any specific risks you may encounter. This form can (and should) be altered to suit specific outing requirements. You may wish to ask owners of assistance dogs to read the BMC guide to reducing risk when encountering cattle: <https://www.thebmc.co.uk/Taking-care-around-cows>.

Where you identify a particular risk, you should note the actions you will take to reduce the risk. It's important to complete the checklist before the outing takes place, and you can always add to this during the outing.

Category	Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
Research	Have you researched the route you will be taking to identify any hazards and/or obstacles?				
	Have you given members an overview of the route and the identified hazards/obstacles e.g. stiles, likely boggy areas, steep inclines etc?				
	Do members know the length and difficulty of the route?				
Traffic	Are there suitable crossing places on the road?				
	Are your attendees aware they must maintain single file on road sections?				

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Animals	Have you notified members of any routes through fields with livestock in?				
	Have you notified members that only assistance dogs are permitted on WCC u3a outings?				
	Are assistance dogs kept on leads in relevant areas (such as around livestock, in urban areas)?				
	Are members aware of the increased risk of attack by cattle when with assistance dogs?				
	Is there any danger of ticks or bites/stings?				
Safety	Do you have the correct equipment needed for the outing (e.g. map, compass, whistle)?				
	Are bicycles in good condition and fit for use?				
	Are members aware that cycle helmets are strongly advised?				
	Have you taken an attendance register?				
	Do you have emergency contacts for all attendees?				
	Do you have a charged phone with emergency contact details stored on it?				
	Does someone know when you are expected back?				
	Have members been reminded to wear appropriate footwear?				

Category	Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
Safety (cont'd)	Do you have a back marker to stay in sight and communication with group?				
	Is there any danger you will lose visibility or mobile phone signal?				
	Have members brought refreshments (such as water)?				
	Is there a first aid kit?				
Weather	Have you checked the weather forecast for the day of the outing in advance?				
	Is there any danger of extreme temperatures, heavy rainfall, high wind or otherwise severe weather?				
	Have participants brought suitable clothes, footwear, and items (such as waterproofs, sun hats) for the weather?				
Other identified risks:		What will you do to mitigate these risks?			

u3a	White Cliffs Country Walks Risk Checklist		WCC u3a	
Version	Description of changes		Date	Author
Draft 2	WCC u3a walks checklist		04/04/2026	DM
Draft 1	Inclusion of cycle rides		14/06/26	DM
Version 1	Agreement by committee		22/06/2026	DM