

Walking for Health Bristol

Walk Leader Checklist



Emergency procedures

At all times volunteer walk leaders should have the following telephone numbers:

Walking for Health Bristol	0117 352 1199
Coordinator mobile number	07810 506 736 or 07810 506 738

Medical emergencies

If while you are leading a walk a walker becomes unwell or injured:

1. Ensure the safety of the injured person/other walkers (e.g. stop traffic).
2. Stay calm and assess situation:
 - Arrange for ambulance if required. Stay with the injured person keeping them safe and warm whilst waiting for the ambulance to arrive.
 - Upon arrival of ambulance, ask crew which hospital person is being taken to.
 - Contact Walking for Health Bristol as soon as possible and complete an Accident Form.

If you become unwell yourself or have an accident while on a walk get assistance as necessary and seek medical attention as soon as possible. Contact the coordinator and complete an Accident Report.

Walking for Health Bristol

Walk Leader Checklist

1. Who knows where you are? _____

2. Two or more leaders:

Swap mobile numbers or check you have whistles and know signals

Be aware of each other's walk leading responsibilities.

In your back pack:

1. Mobile phone charged and ready to use?

If not a) Whistle

b) One of the walkers has a mobile phone

c) Public telephones marked on map

2. Route map

3. Risk assessment form

4. First aid kit

5. Register

6. Emergency procedure sheet with contact numbers

Start of the walk:

1. New walkers to fill out health check forms

2. Complete the register

3. Introduce yourself

4. Risk debrief

5. Route - length, points of interest, toilets, refreshment stops etc

