

Spalding and District u3a

Walking Groups

Walk details including risk assessment.

Date Time of walk Meeting point	
Brief description of the walk	
Length/difficulty of the walk. Likely ground conditions. Footpaths/field edges. Any obstacles such as stiles.	
Roads	When walking on single-track roads and/or roads without pavements walkers are reminded to walk in single file behind the leader.
Safety	Walkers are reminded they must: <ul style="list-style-type: none">• Wear appropriate walking footwear ie walking boots or heavy shoes.• Have suitable clothing for the season and the weather.• Carry refreshments such as water and a chocolate bar.• Carry their ICE card (In Case of Emergency card)• Have a charged mobile phone.
Other: <ul style="list-style-type: none">• Parking• Toilets• Refreshments• Weather checked for the walk	