

## SAFETY POLICY FOR GROUPS WALKING OFF-ROAD

1. In order to improve the safety of groups walking off-road and over rough terrain, a basic Red Cross approved first aid course will be suggested/offered to the leaders of those groups involved.  
In the event of an accident, the group leader will then be much better prepared to assess the extent of the injury and decide how to proceed.
2. Groups engaged in these walks should consider the purchase of a suitable first aid kit.
3. Group members should carry U3A ICE cards for use in an emergency.
4. Where we employ the use of a professional guide, this person should be confirmed as trained, equipped with a suitable first aid kit and insured.
5. Group members must be adequately warned in advance of the walk of applicable hazards. This would come from the guide/group leader in the "calling email" and would cover hazards such as:
  - a. Slippery/uneven surfaces.
  - b. Steep climbs/descents.
  - c. Water obstacles, etc.
6. The Public Liability Insurance cover provided by the U3A is not a personal insurance and covers U3A members only.  
Group members are reminded that they are responsible for their own safety and walk at their own risk.
7. In the event of an accident the group leader should complete an Accident Report sheet.
8. Copy of this policy to be given to all current and future group members and records maintained.