



WALKING

Safety Guide

School Education

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Checklist Items

KEY BENEFITS

Physical Health

Increases daily physical activity and cardiovascular health.

Road Safety

Builds road safety awareness and route planning skills.

Focus

Enhances mood and focus with regular outdoor time.

Independence

Encourages independence and responsibility for timekeeping.

KEY HAZARDS & CONTROL MEASURES

Road Crossings

- ✓ Use designated crossing points
- ✓ Adult leads at each crossing
- ✓ Stop, look, listen procedure followed
- ✓ Group crosses together

Group Separation

- ✓ Adults front and rear of group
- ✓ Separation procedure briefed
- ✓ Regular headcounts
- ✓ Pace suitable for all abilities

Trips & Falls

- ✓ Appropriate footwear required
- ✓ Walk, don't run
- ✓ Route checked for hazards
- ✓ Watch for uneven surfaces

Weather

- ✓ Weather forecast checked
- ✓ Water carried in hot weather
- ✓ Appropriate clothing worn
- ✓ Route adjusted if needed

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- | | |
|--|---|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures | |

Pre-Walk

- | | |
|---|--|
| <input type="checkbox"/> Route planned | <input type="checkbox"/> Weather checked |
| <input type="checkbox"/> Register taken | <input type="checkbox"/> Briefing done |

Group

- | | |
|--|--|
| <input type="checkbox"/> Ratios correct | <input type="checkbox"/> Adults positioned |
| <input type="checkbox"/> Contact numbers | <input type="checkbox"/> Medical needs known |

During Walk

- | | |
|---|--|
| <input type="checkbox"/> Regular headcounts | <input type="checkbox"/> Safe crossings used |
| <input type="checkbox"/> Pace managed | <input type="checkbox"/> Behaviour monitored |

Welfare

- | | |
|---|--|
| <input type="checkbox"/> Water available | <input type="checkbox"/> First aid carried |
| <input type="checkbox"/> Toilet stops planned | <input type="checkbox"/> Rest breaks if needed |



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