



Forms for Groups

Get Ireland Walking wants to help make your group walks an enjoyable experience for you, the other organisers and the walkers. To help with the organisation of group walks we have prepared a number of support forms. The forms aim to simplify the organisation of the walks and contribute to ensuring a safe and enjoyable walk for all involved.

Please email us at info@getirelandwalking.ie for copies of these forms. Forms will be available shortly to download from our website.

The Walk Ready Questionnaire

You can provide better support to people wishing to join the walks if you know about any medical condition they have that could affect their ability to walk. This form provides an opportunity for you to check with people if it is safe for them to walk and it notifies them that they are responsible for their own health.

- If anyone answers 'yes' to any of the questions. Advise the person to talk to their doctor about attending walks.
- Keep all this information confidential.
- Remind people at the start of every walk to inform you if there has been a recent change in their medical state,

and if so ask them to update the complete a new form or update the existing one.

The Walk Register

In essence this is a sign in sheet for each walk. Getting people to complete this form helps everyone involved in a number of ways:

- It contributes to the safety of the walk. You know now many started and how many should finish.
- It acts as a reminder to people that they should take responsibility for themselves and that they are walking at their own risk.
- It also helps you keep a record of attendance at walks; this can inform future plans e.g. what walks or times are popular, etc.

Accident/Incident Report Form

Should there be an accident/incident involving a walker/s it is a good idea to take a couple of minutes at the end of the walk to take a note of what happened. You can use this form to jot down the details.

- In the event of an accident/incident:
- Stay calm
- Ensure the safety of the injured person and of the other walkers.
- Assess the situation and decide if medical assistance is needed. Call





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- emergency services at 112 or 999
- After you have dealt with the accident/incident, remember to record details of what happened and have it signed by the person involved, yourself and a witness. It is important to keep a record of the event, should there be a query on it at a later.
- If the person is over 18, it is their choice whether they receive medical treatment. You can advise and give your opinion but the final decision is theirs.

- surfaces, tree roots
- Water, ponds and streams.

Then consider the ‘risk’ that it could pose to the group and what you can do about it.

Giving the group information about the route can greatly help to ensure that the group stays safe.

Remember to keep all these forms safe.

Risk Assessment Form

Checking out the route first will help you plan and it will enable you to let people know about the route before heading out, approximately how long, if roads will be crossed and any other information.

We recommend that you check out all new routes. It is also a good idea to check them as the seasons change, particularly if they are off-road routes.

Check the route for ‘hazards’ anything that could cause harm.

Typically this could be:

- Weather e.g. Rain making the surfaces slippery
- Animals such as dogs, horses, sheep, cattle
- Roads and vehicles.
- Pavements and obstacles, uneven

