

Safety and Organisation Guidance for all walking groups

This guidance has been put together to provide information about Safety (1-9) and walk etiquette and organisation. These may differ according to the preference of the walk leader (10-15)

Although walk leaders will endeavour to ensure the walks are safe, ultimately safety is the individual's responsibility

Safety

- Remember the ICE (In Case of Emergency)** contact and make sure it is accessible. This can be on a card or entered on the mobile phone such that your ICE contact can be accessed even when the phone is locked. [Follow this link for Instructions.](#)
- Please register attendance with the walk leader prior to the walk. They will compile a list of participants for each walk
- Suitable clothing and footwear should be worn preferably sturdy walking boots and clothing should be appropriate for the weather conditions.
- Sunscreen should be applied and fluids should be carried, particularly on hot sunny days. Please see the link for Ramblers of 5 ways to stay safe in the heat <https://www.ramblers.org.uk/go-walking-hub/summer-walking>
- In advance of the walk the walk leader will have undertaken a reconnoiter to assess distance, timing, potential hazards, hills, styles, terrain, road walking and other areas of risk and difficulty. However, the following are possible and care should be taken if encountering
 - Exposed tree roots (or other obstacles)
 - Slippery surfaces such as mud or icy conditions
 - Stiles
 - Animals in fields (particularly with young)
 - Traffic and busy main roads
- The description of the walk should be used to assess level of fitness and capability for the walk.
- Unless otherwise advised dogs are not permitted on walks
- If the weather is inclement the walk leader will make the decision about whether to cancel the walk,
- Walk leaders carry a First Aid Kit for use in the event of minor injuries.



Organisation

- Please consider car sharing where possible. This is a good way to get to know other walkers in the group.
- The post code and grid reference for the start of the walk are usually accurate but are sometimes not exact so allow time to find the start point
- Some walk leaders ask walkers to arrive before the walk start, so please be familiar with and follow the expectations for each of groups
- If delayed or lost please telephone the walk leader in advance. The group may wait but this will be at the discretion of the walk leader.
- Each walking group will have its own way of communicating changes and some use WhatsApp, text or email. If not using electronic methods please agree with the walk leader the means of communication so contact can be made before the walk to make sure details have not changed e.g. the start time or location of the walk. This is especially important if the weather is inclement on the day of the walk,
- Photographs may be taken during the walk and if there is discomfort about this, please inform the walk leader before the walk starts. These images are used to provide members and prospective members with information about u3a activities

All these walks are led by volunteers. There will be a wider range and diversity of walks if members come forward to lead their favourite walk or use the resources available to devise a new trail. Please contact the relevant walk leader to discuss ideas

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