

Dulwich & District u3a Walks Group Procedures

What you can reasonably expect of a walk leader:

- 1) A route that has been previously planned and walked by the walk leader especially when the route is original or unknown to the leader. The leader may be any member of the Walks Group or sometimes a guest.
- 2) A well planned and enjoyable route in the country avoiding roads and in towns with suitable crossing and stopping points.
- 3) Provision of a brief and adequate Advance Notice of a walk which should include:
 - A meeting point
 - Start time
 - Length (distance and time)
 - End time (approx)
 - Route overview and interest points
 - Relevant OS map number(s) or similar
 - Travel arrangements
 - Refreshments
 - Registration details
 - Leader contact details (mobile and email)
- 4) On the day of the walk the leader must:
 - Have a list of walkers previously registered with numbers limited appropriately:
(c.16 in city centres and c.20 in the country).
 - Advise about potential hazards especially roads.
 - (If necessary) have a discussion about the weather or any other matters as appropriate on the day.
- 5) Checking regularly throughout the walk of progress, and the presence and wellbeing of companions.

What is reasonably expected of individual walkers:

- 1) Familiarisation with the Advance Notice and Walks Group Procedures.
- 2) Prior registration for the walk.
- 3) Adequate clothing and footwear for the expected weather and terrain.
- 4) Adequate refreshment and water.
- 5) If desired, provision in written form of next of kin or contact details in case of emergency.
- 6) Adherence to reasonable instructions or requests from the walk leader.
- 7) Keeping in a group. If keeping up is a problem, then notifying the leader about oneself or others.
- 8) Not leaving the walk or modifying the route or planned timings without notifying the walk leader (*believe it or not this has happened*).
- 9) Adherence to the Country Code and adherence to other national or local warnings or requests.
- 10) In general, we all have a duty of care towards others so keep an eye open for one's companions so we can all enjoy safe and secure walking.