

## U3A WALKING GROUP

### WALKS DISCLAIMER

Walking is one of the healthiest and safest of Outdoor Activities.

However, neither East Grinstead U3A, nor the Walk Leader/Organiser of the walk(s) has control of the environment of the walks, the weather, any animals or indeed of any of the walkers themselves, and whilst taking normal precautions, providing reasonable help and assistance as necessary, they cannot accept responsibility for any circumstances affecting the Health or Safety of the Walkers in the party.

Walks organised by U3A Groups automatically receive **Public Liability Insurance** cover, provided the leaders are U3A members, through the **Third Age Trust**. This is designed to protect Leaders against claims for damage to property and for injury or death which might have been occasioned on the walk. This is **NOT** a personal accident insurance and accordingly participants on walks are responsible for their own Health and Safety and the safe keeping of their equipment, clothing and belongings.

Participants on Walks should follow the advice/instructions of the Walk Leader in order to minimise any risk to themselves and should also ensure that they do not endanger any others in the party.