**Purpose**

To provide Guidance to all Walkers so that hazards can be identified and suitable precautions taken before and during walks to prevent harm to health.

**Guidance**

**Walk leader** to pre-walk the route with a ‘buddy’ to establish hazards/obstacles to identify the length of walk, suitable road crossing places, potential slippery sections, adequate parking and adapt the route if necessary.

**Walk leader** should ensure that walk details are provided to the Walks Group Leader so that it can be communicated to walkers.

**Walk leader** to check the weather forecast for adverse conditions in advance and cancel the walk if necessary.

**Walk leader** to carry a suitable map and have access to a mobile phone, preferably with an app that can identify locations (what3words or grid reference).

**Walk leader** to count the number of walkers at the beginning and end of the walk and appoint a back marker to check numbers during the walk.

**Walk leader** to monitor the progress of the group and maintain contact with the back marker during the walk.

**All walkers** to point out potential hazards (e.g., slip and trip) during the walk so that it can be communicated to the group.

**Walk leader** to remind attendees on road sections they should to walk on verge if possible but if not to maintain single file facing the oncoming traffic

**All walkers** should carry details about their emergency contacts and medical/allergy information e.g., u3a membership card and carry personal medication etc.

**All walkers** to bring/wear appropriate footwear, clothing and carry refreshments for the conditions.

**All walkers** who leave the walk for any reason must inform the walk leader and back marker so that head count is maintained.

**All walkers** should follow the Countryside Code.

**New walkers** to contact the Walks Group Leader prior to walking so that briefing can take place e.g., footwear, clothing, refreshments, tick precautions, no dogs etc.