

Mawdesley and Neighbouring Villages u3a

Walking Group Guidance and Safety

Register for the walk

Details of planned walks will be on the walking table on a Wednesday morning 3-4 weeks before the walk start date. Some walks may have limited numbers and you need to sign up for a walk at the walking table. Please do not turn up at the start of the walk unless you have signed up for the walk.

It is very important that you do not join a walk if you are unsure that your level of fitness will allow you to complete the walk.

Please ensure that you provide us with your phone number, preferably your mobile number (if you have one). We require an emergency contact number for everyone attending a walk, please provide one when signing up for the walk. This can be a friend or neighbour.

It is very important that if you are unable to attend a walk that you speak to the walk leader to let them know as soon as possible. Most walks are oversubscribed and have waiting lists and we do get a large number of late cancellations on the morning of the walk and these prevent those on the waiting list from attending. So please make a note of the walk leader's phone number, the start time and location. If you have a smart phone we recommend that you take a photograph of the walk details.

Please note dogs are not allowed on our walks but the u3a does have a Dog Walking Group.

Clothing and what to take

Please ensure that you are wearing the appropriate footwear and clothing for the level of walk and weather. Walking boots are recommended for all walks.

There may not be anywhere during a walk to buy food or drink, so you will need to bring your own food and drink. The walk sheet details whether lunch or a snack is required. We do require that you bring a drink on all walks to ensure that you stay hydrated.

You may also wish to bring a small first aid kit.

On the walk

Register with the walk leader and check that they have your mobile number.

Please listen to the walk leader's instructions and advice about the nature of the walk and conditions. If the walk leader judges you to be unfit for the walk, or you are not wearing appropriate clothing his/her advice should be considered seriously. Please remember that members are responsible for their own safety and walk at their own risk.

Some paths may be muddy and uneven, and some walks will have stiles to navigate, and some walks have steep, hilly sections. The walk terrain and length is detailed on the walk sheet when you sign up for a walk.

Please maintain single file on any road sections.

Please let the walk leader know if you are having problems, feel unwell, or need to slow down or stop.

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Disclaimer

(Based on advice from u3a National Walking Co-ordinator)

Activities organised by u3a groups automatically have Public Liability Insurance cover, provided the leaders are u3a members, through the Third Age Trust. This is designed to protect participants against claims for damage to property and for injury or death which might have been occasioned during the activity. This is NOT a personal accident insurance and participants in activities are responsible for their own health and safety, and the safe keeping of their equipment, clothing and belongings.

Participants should follow the instructions of the walk leader in order to minimise any risk to themselves and other members.

Walking boots are recommended for all walks and the appropriate clothing for the weather and conditions must be worn.

Dogs are not allowed on our walks.

Walking should be enjoyable and healthy and for the majority of people walking should not pose any problem or hazards, but participants must ensure that they understand their own capabilities and do not join a walk if they are unsure that their level of fitness will allow them to complete the walk. Participants should inform the walk leader of any health condition they feel the leader might need to know about.

Mawdesley & Neighbouring Villages U3A recommends that you take medical advice before joining any walks if you have any medical conditions that may be affected by joining a walk.

Please complete the following and return this page to the Walking Table:

I have read, understood and accept the foregoing Disclaimer. I understand I am participating in all walks at my own risk. It is my responsibility to let the walk leader know if I have problems, feel unwell, or need to slow down or stop.

Name (Print):

Signature:

Date:

Membership number: