

General Advice on Walking Safely

- 1) The Club has Public Liability insurance but members are responsible for their own personal accident insurance.
- 2) A person will be covered by the Club's insurance for the maximum of three 'taster session' walks before they decide whether to join the Club. A friend or relative on a walk but not intending to join the Club is not covered by our insurance.
- 3) Members should wear/carry appropriate clothing for the time of year and weather, i.e. wear walking boots/shoes, carry waterproofs, adequate food, drinks and first aid items.
- 4) Each member is responsible for their own health and safety whilst attending Club walks. Please advise the Leader if you have a medical condition that they should be aware of and what action they should take if necessary.
- 5) The countryside can present many hazards including slippery, uneven and unstable surfaces and unpredictable animals/farm live stock (especially cows with calves).
- 6) All gates which are opened by the group must be closed once through.
- 7) Whilst walking along roads, Club members should walk in single file on the right, except around blind bends when they should cross to the other side.
- 8) In spring/summer it is advisable for Club members to check themselves for 'ticks' after a walk, which should be removed promptly as they may carry Lyme's disease.
- 9) Leaders should recce their walk and note any particular problems or hazards.
- 10) The Leader should carry basic first aid items, map, pen and paper, and ensure a fully charged mobile phone is available for an emergency.