

## Guidance for Walkers

### Preparation for the walk

- Wear **suitable footwear** (usually walking boots)
- Wear and carry suitable **clothing** – a waterproof, several layers, sun hat
- Carry plenty of water, for walks over 5 miles bring **a packed lunch**.
- In your rucksack carry an I C E (in case of emergency) showing the name and telephone number of the person to be contacted in the case of an emergency.
- Carry a charged mobile phone if you have one.
- Each walker should carry their own first aid kit.
- At the start of the walk, **listen to any advice or instructions** given by the walk leader and **follow them**. Make sure the walk is within your capabilities

### Safety on the walk

- **You are responsible for your own safety** – take care to eliminate risks to yourself and others
- Keep alert at all times especially where gates, stiles, bridges etc. appear to be in poor repair
- Stay within sight of the group – it is best not to go in front of the leader or behind the back marker unless asked to do so
- Inform the leader if you intend to leave the walk, or if you are experiencing difficulty
- Walkers are reminded to **take special care when walking on roads**.
- Walk on pavements or verges where they exist but where they don't it is usually safer to face on coming traffic but be prepared to cross to the other side when approaching a sharp right hand bend
- Cross the roads at points designated by the leader
- **Walk leaders receive separate guidance to ensure your safety on walks so please be guided by them and by any back marker**

### Insurance

- The Club has civil liability insurance principally to cover claims from third parties. It is **not Personal Accident Insurance** for Members.
- If an accident or incident occurs liability for damage or injury should never be admitted as this will be dealt with by the insurer.

**Members and visitors attend the walk at their own risk**