

## Guidelines for Shorter Walk group walks

Our Walk Leaders are group members themselves and volunteer their time and effort in preparing the walk route, as well as taking responsibility for leading a group on the day. The experience is much more enjoyable for them as well as you if these simple guidelines can be followed.

1. Ensure you have read the walk details sheet which has useful information about the terrain, toilets, breaks etc and that you have made a note of the Walk Leader's phone number.
2. In consideration for the Walk Leader and the group please allow plenty of time to get to the meeting point by the published start time. There is no guarantee that the group will wait if you are late. While the Walk Leader may provide assistance and guidance on public transport, it is up to each member to find their way to the start and from the finish of the walk.
3. If you are delayed in reaching the start of the walk, please phone the Walk Leader. If you wish, you can try to catch up with the group, if the route is easy to follow.
4. For everyone's safety please abide by the advice and the recommendations of the Walk Leader, and keep the Leader or leading group in sight at all times. Don't walk on ahead as the Leader needs to set the pace.
5. Support the Leader's decisions and follow their instructions. We will sometimes have to make changes 'on the hoof' if transport or route conditions have changed on the day.
6. If a problem arises and you must stop or leave the walk, make sure the Leader knows. If the Leader is out of sight, phone them if necessary. If you leave a walk early, you are responsible for your own transport decisions.
7. When approaching hazards such as busy roads, take personal responsibility for crossing, don't just follow the people in front.
8. Please don't bring dogs on our walks.
9. It would be appreciated by the Walk Leaders if you could occasionally support by offering to backmark on a walk.
10. Though walking is one of the safest outdoor activities, no activity is completely without risk. It is your responsibility to ensure your own safety, including carrying appropriate medication and informing a fellow walker, or the Walk Leader, of any medical condition, if appropriate.

And finally - please enjoy the walks!