

iU3A Shorter Walks Group – Guidelines for group walks

1. For everyone's safety please abide by the advice and the recommendations of the volunteer 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.
2. Support the Leader's decisions and follow instructions. We will sometimes have to make changes 'on the hoof' if transport or route conditions have changed on the day.
3. If you are delayed in reaching the start of the walk, please phone the Leader (details are in the published walk details). If you wish you can try to catch up with the group, if the route is easy to follow.
4. If you need to leave the group at an opt-out point or for any other reason, please inform the Leader. Then we know you're not lost.
5. Make sure you have a place on the walk, don't just turn up.
6. Please don't bring dogs on our walks.
7. Though walking is one of the safest outdoor activities, no activity is completely without risk. It is your responsibility to ensure your own safety.

And finally - please enjoy the walks!

Our walk leaders are group members themselves and, as you know, volunteer a considerable amount of 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 observed.

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