

Advice to the Walk Leader

Before the walk

Familiarise yourself with the Club's Health and Safety Policy and the Risk Assessment;

Make sure that you are familiar with the route;

Check the weather forecast;

Arrive early and make a start on completing the register.

New walkers must either produce a completed registration form or fill one in on the spot or confirm that one has been submitted to the Secretary.

For NatRam walks - Get numbers for pub supper and check if we need to pre-order meals.

Walk Leader – Welcome Check List

- * Welcome everybody including new walkers;
- * Give the length of the walk including short option details if appropriate;
- * Give an indication of when lunch might be;
- * Give an indication of when we might get back;
- * Advise if any extreme weather conditions are likely;
- * Advise if you are aware of the likelihood of encountering ticks, horse flies etc;
- * Advise if poor conditions underfoot are likely;
- * Remind that when walking along roads to stay in single file and face oncoming traffic;
- * Remind walkers that they if they feel uncomfortable being nude at any time then they should cover-up, for example walking near houses or along or crossing a road, and not necessarily follow the actions of the walk leader;
- * Ask everybody to keep together;
- * If walkers decide to leave the group, please let the Walk Leader know;
- * There is a minimal First Aid Kit on the walk. It does not contain medication, just the basics like plasters etc. Ask the Leader if you need it;

- * If anybody has any problems with photography on the walk please let the Leader know;
- * We may well stop for some nude group photos. Other 'indistinct' photos may be taken during the walk;
- * If you take photos of other group members, please ask their permission first;
- * Dog owners must keep their dogs under control especially near farm animals which includes game birds such as pheasants;
- * If for whatever reason you feel unable to complete the walk, please have a word with the walk leader who will advise of short-cuts or a route back to the nearest road.

During the walk

Generally, the group needs to walk at the speed of the slowest walker. This may mean pauses to let the back markers catch up with the rest of the group;

On the walk make sure that you keep in contact with the back marker. Pause where paths diverge to ensure that everybody is aware of the correct route;

Walk leaders might find it useful to double check their register at lunchtime. Know how many are in the group and do regular headcounts.

Incidents

Should an incident occur, then under NO circumstances should you admit liability or agree to pay for any damage caused as this may prejudice the position of Insurers and COULD result in the withdrawal of any indemnity. Should any such incident occur, then it must be reported to the NatRam Secretary ASAP.