

## **MOORLAND RAMBLERS GROUP**

### **POINTS FOR WALK LEADERS AND WALKERS.**

Walk Leaders. Walk Leaders must undertake their walk in a manner that ensures the safety and well being of all members of their group. This “duty of care” implies that Walk Leaders are to:

Conduct a head count before departure, at frequent intervals throughout the walk and on finishing the walk.

Ensure that the pace being set is within the limits of all members of the group and that the walk does not become a race.

Stop at frequent intervals to collect the group together; especially before going up steep hills, before negotiating difficult terrain, on reaching the top of steep hills, or after emerging from difficult terrain (for example, difficult terrain can be classed dense woods or undergrowth, boulder fields, bogs, multiple styles, gates or fences, or areas where there are several changes of direction in quick succession).

On collecting the group together, allow a brief period before moving on, so that the last person in can have a breather prior to setting off again. This is very important after ascending a steep hill! Also, wait whilst members who are re-packing their rucksacks have finished, and are ready to walk again.

Frequently confirm the well-being of members of the group, particularly during inclement or hot weather. Make a decision on the onset of inclement weather, to stop and allow members to don waterproofs. In addition to this, be prepared to stop and allow persons to reduce layers of clothing in hot weather, or prior to ascending steep hills. These stops will prevent the group becoming spread out, as members stop individually to don or remove clothing.

In instances where navigation may become difficult and before any navigation errors are likely to occur, be prepared to seek conformation of your location and directions from other members of the group. This is especially important during periods of low visibility.

Have access to a First Aid kit containing at least 2 large or medium wound dressings, a triangular bandage and some plasters. It is also advisable to have some tape to assist in securing bandages (zinc oxide tape for example; or even insulating tape will suffice). Note: These First Aid items may be carried by various members on the walk (already in their own First Aid kits) and therefore need not all be contained in one First Aid kit carried by the leader.

Walkers. Walkers must allow the Walk Leader to lead. Walkers must:

Not get in front of the Leader, it’s bad manners anyway. However, walkers may, with the consent of the Leader, and only the Leader, go on ahead of the group, providing the Leader has given clear instructions as to the next location to meet-up.

Not to wander off away from the group without informing the Leader; and getting agreement from the Leader to do this would also be preferable.

Carry the appropriate items of clothing and equipment to cope with the conditions likely to be encountered during the walk.

Accept decisions made by the Walk Leader.

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