

Bridgnorth and District Walking Club

Guidance for Members

Walking is a relatively safe activity. However, there are a number of risks that can affect your enjoyment of a walk and may be hazardous.

Prepare for each walk:

- Wear walking boots and appropriate clothing for the weather conditions. Depending on the forecast, carry additional warm clothing and something windproof and waterproof.
- In summer, bring a sun hat and sun cream. Carry extra liquids to help avoid heat stroke.
- Bring sufficient food and drink.
- Bring walking poles if you like to use them.
- You may not bring dogs on club walks, to avoid problems with cattle.

On the day of the walk:

- If you think the walk leader should be aware of any medical condition or any medication you carry then have a private chat with them before the walk. Alternatively, carry an accessible medical card with you.
- Be aware of traffic, at the meeting point and when we pass along or cross highways.
- Trips and falls are the most likely cause of injury – take care at all times. If you do trip or fall, then it is usually best to wrap your arms around your head, relax, and sit or get to the ground as quickly as possible.
- Be careful as we pass branches and don't release them suddenly. They can easily hit the person behind, possibly in their eye.
- Keep control of your walking poles and don't let them flail about. They can easily damage someone's eye. Stand well back from anyone who is using walking poles, especially as they cross stiles and other obstacles.
- Don't press too far ahead in front of the party and keep ahead of the backmarker. Let them know if you stop for any reason.
- If you get separated, return to the last point you were with the group and WAIT. Someone will come back for you. Don't try to guess which route the group has taken.
- Be aware that the risk of Lyme's disease, caught from ticks, is spreading across the UK. Wearing trousers, rather than shorts, reduces the risk. If you find a tick then it should be removed with a tick remover, not with your hands.

Additional information for mountain walks

- You will be informed of the length and total ascent of the walk as well as its grade and any difficulties. Please make sure that it is within your capabilities and experience. Discuss it with the walk leader if you wish and especially if you have not done any mountain walking before. Walk leaders can decide who to accept to take on a mountain walk.
- Always carry a hat, gloves, extra warm layers and wind and waterproof clothing.
- Everyone must stay within sight of each other, especially in poor visibility.
- If we need to scramble, using hands to assist, stow your walking poles.

Insurance cover

The club, its officers and walk leaders are insured and you can claim for any incident arising due to their negligence. Note that the insurance does NOT cover injuries you may sustain that are your own fault – it is not personal accident insurance. You can view the club's insurance policy on its web site.