

Bridgnorth and District Walking Club

Guidance for Members

For enjoyment and safety during your walk please pay attention to the following points.

Prepare for each walk:

- Make sure that the grade of the walk (distance, ascent/descent, terrain) is within your capability – check with the walk leader if you have any doubts.
- 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.
- Dogs NOT permitted on club walks.

On the day of the walk:

- Make sure the walk leader is aware of any relevant medical condition or that you are carrying medication.
- Carry an In Case of Emergency (ICE) card.
- Trips and falls are the most likely cause of injury – take care at all times.
- While walking be aware of other walkers and your surroundings.
- Don't press too far ahead in front of the leader and keep ahead of the backmarker. Let them know if you stop for any reason.
- If you get separated, try phoning the leader. Or if possible return to the last point you were with the group and WAIT. Some-one 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 becoming more prevalent. Wearing trousers rather than shorts reduces the risk. If you find a tick follow the advice on the NHS website.

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.

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.