

POLICY 001

Adopted on 6th October 2008

WALK SAFETY

The Society arranges a walk programme which is published in our Newsletter and on our website. All walks will be accessible by public transport. Walks generally fall into 2 categories "Short Walks" (approximately 5 to 9 miles) & "Long Walks" (approximately 9 to 14 miles). Details to be include in the programme are as follows:

- Date of walk
- Leader's name and contact details
- Walk description, including start location and finish location if different from start.
- Length of walk in miles
- details of ascent in feet or a description eg hilly, negligible ascent etc, that will allow walkers to assess their capability for joining the walk.

The following advice to walk leaders will be published on our website and will be made available to all walk leaders. Walk leaders will be asked to read this policy.

The walk leader should

- Be familiar with the planned route, either through well established local knowledge or by reconnaissance shortly before the walk.
- Be aware of any escape routes that allow the walk to be cut short.
- Carry basic safety gear. eg. Map, Compass, Whistle etc.
- Know how to deal with emergencies and know how to contact the appropriate emergency service.
- Check the weather forecast on the day of the walk and be prepared to alter the route in the light of that forecast..
- Have a system for ensuring that no member of the group is left behind.

The following caveat will be added to the walk programme as published in "Signpost" and on our website:

Advice to walkers

All walkers joining a PNFS led walk should wear appropriate outdoor clothing and are responsible for their own safety.

PNFS walk leaders reserve the right to exclude people from the walk.