



Founded 1934

(Affiliated to The Ramblers Association)

Notes for Leaders and general information for Ramblers

Purpose

To assist Walk Leaders in arranging walks for the enjoyment and safety of the group. These notes supplement those detailed in Notes for New Walkers and should be read in conjunction with them.

Start of Walk

Ensure there is ample car parking. If using a Village Hall or a Church car park, ask permission first and if necessary make a donation by collecting from the group before the start of the walk. Please include a map reference in the programme. If the map reference does not begin TL include the code as well as the grid reference.

Some local Parks are now introducing a time limit on parking. Please check any restrictions when selecting a walk and ensure you can complete the walk (including time for changing boots etc.) within the period.

Please note that currently we have an arrangement with the Parks Department that a copy of our walk programme will be sent to them by the General Secretary so that if we have any walks starting from an affected park, enforcement will not take place on that day.

Affected parks and time limits are:

3 hours - Andrews Park, Chancellor Park, Coronation Park and Chelmer Park

2 Hours - Beaulieu Park, Springfield Hall Park, Oaklands Park, Lionmede Recreation Ground, Jubilee Park and Noakes Park,

Stops

Depending on circumstances allow 10 minutes in the morning and in the afternoon and 45 minutes for lunch.

Lunch

All Day Walks

Please remember to indicate to the Walk Co-ordinator whether own sandwiches are required; otherwise it will be assumed that lunch is a Pub Lunch.

Distance

If possible, on all day walks have the longer part of the walk in the morning. If you plan the walk to exceed 10 miles (Standard All Day), 7 miles (Easy Pace All Day) add this information to the programme.

For Half Day walks ensure the distance is in keeping with the aims of the group.

For Saturday Afternoon walks, please consider the level of light during winter months and adjust the distance or bring the walk start time forward so that you don't complete the walk in darkness.

Control

Know your route. Appoint a back-marker and introduce them to the group at the start. Frequently make visual contact with the back marker on the route.

If the group is getting spread out, slow down or stop to allow the walkers to regroup.

Time

The average for Standard Pace walks is 2 ½ mph and 2 mph for Easy Pace.

This is dependent upon the weather and ground conditions, frequency of stiles and the size of the group. Do not let walkers tempt you to speed up or the natural history enthusiasts hold up the group. However, time should be found for especially interesting observations. No one should walk in front of the leader and no one should walk behind the back marker.

Hazards

When crossing roads, the leader must go first and wait in sight of the group until all are safely over. The leader must ensure that all are safely across before the group moves off. Where it is necessary to walk along a road, keep the group on the side facing oncoming traffic, but care must be taken when approaching right hand bends. Care should be taken to limit the amount of mud trodden on to roads.

Cancelling a Walk

Should you feel a walk be cancelled due to dangerously inclement weather, or having walked the route found it to be dangerous in parts with no alternative route, then please try and contact as many of your usual group as possible to inform them. Please also try and post, or arrange to post a message on the group's Facebook Page and send an email to the clubs email address as it may be possible to post a note on the Website.

It is advisable to have another walker ready to lead the walk if you are unable to do so for personal reasons, as it is your responsibility, having agreed to lead a walk, to ensure that the walk goes ahead.

If you cannot get there yourself, please try, if possible, to send some to the start in case anyone does turn up.

The decision is yours as leader, if a walk is cancelled, so please resist pressure to walk when you deem it unsafe to do so.

Stiles

Gather the group together after a stile. If there are several stiles together, wait at the last one to give the tail-enders time for a short respite before moving on.

Requirements

- Under no circumstance must an injured or ill person be left on their own. Even if they say they are OK to be left, it is your responsibility, as leader, to override their wishes and ensure that someone remains with them until help arrives.
- For Health and Safety reasons we require a minimum of 4 walkers on any walk. This is so that an injured person is not left alone and 2 people can go for help, thus ensuring that no-one is left on their own.
- If less than 4 people wish to walk, then they are doing so at their own risk. In these circumstances the walk will not be conducted under the auspices of the Rambling Club and as such there will be no insurance cover provided for walks with less than 4 people.
- Any walker who decides to curtail a walk, not through immediate medical reasons, must accept full responsibility for their action.

Recommendations

Whilst not requirements, the following are recommendations for your own, and ramblers safety.

- Basic First Aid kit should be carried
- Hi Vis Jackets for the leader and back marker, especially when there is an element of road walking
- Whistles for the leader and back marker to communicate any issues
- Mobile phones – ensure they are fully charged so contact with Emergency Services can be made if required.
- Map or GPS. If carrying a map be conversant with reading Grid References in case of an emergency. A GPS will give you co-ordinates of where you are (as may an appropriate app on a Smart phone).

Accident and Injury

In the event of an accident on a walk

- Remain calm and assess the injury.
- If Emergency Services are required, take a grid reference or GPS location reading (you will need this for any accident to complete an Accident Report Form). Assess the closest road point for access and take a note of that Grid Reference or GPS location, and give this detail to the operator and inform them that 2 of the walkers are on their way to meet them if the injured party cannot be moved.
- Keep in touch with the walkers sent to meet the Emergency Services by Mobile for 2 way updates.
- In the event of any accident an Accident Report Form must be completed and sent to the General Secretary within 10 days of the accident to comply with Insurance requirements.