



Founded 1934

(Affiliated to The Ramblers Association)

Notes for new walkers

Footwear & Clothing

We recommend boots or walking shoes with decent treads be worn, together with clothing you do not mind getting dirty. We would suggest avoiding wearing Denim as when wet it gets very heavy and takes some time to dry out. During extremely wet weather, waterproof over garments and gaiters will help keep you dry. Some members wear Wellingtons in extreme muddy conditions.

Whatever you wear it is important that you are comfortable and that your footwear has decent treads as many walks go over uneven and/or muddy terrain.

Please note that should the Walk Leader feel your footwear is inappropriate, they can ask you not to walk.

Dogs

No dogs, except Registered Assistance Dogs, are allowed on rambles.

Getting to the Start of a Walk*

We do not arrange transport to the start of any walk. Getting there is your responsibility.

We do not have a formal car share policy, but you may find, when you have been on a few walks, someone who you can arrange this with informally, or ask on our Facebook Group for an individual walk lift.

Where a car park charge is levied (see Car Parks), it may be preferable to arrange to meet in a nearby residential area and share the cost of parking.

Car parks*

When walks start from a private car park, (e.g. a village hall) the Walk Leader may have agreed a donation to the organisation who owns it. They are usually content with £1 per car, so please make sure you have some money with you. If a walk starts from a pub, you should make a purchase after the walk, even if it is only a soft drink, as you could be blocking a space for a potential pub customer. If you cannot or do not wish to stay for this, please find alternative parking nearby.

Some car parks, (particularly those of the ECC Country Parks) make a parking charge and some are introducing parking time limits.

If a charge, donation or restriction applies, this will usually be indicated on the programme.

Walking Etiquette

Please do not walk ahead of the leader as they will set the pace according to the number of walkers within the group.

Also you may think you know the route, but if you go wrong, the leader does not want to have to chase after you to call you back! Conversely, they will have appointed a 'back marker' to keep track of stragglers.

If you find you are regularly struggling to keep up, do consider a different section of the club, e.g. easy pace (2 miles per hour) instead of standard pace (2.5 miles per hour) or stroll. When walking along roads, it is usual to walk on the right, facing on-coming traffic, but it may be preferable to cross to the left on right hand bends. On combined cycle and footpaths, please keep to the pedestrian side if marked, or to the left of the path if unmarked. Please follow the leader's instructions and keep alert.

Walks are led by volunteer members; there is no obligation for anyone to lead. However, the walk co-ordinators often have difficulty filling their programmes, so if you feel you could help, please talk to them. There is a 'Notes for leaders' sheet available, and plenty of people who can help if you need ideas of where to go or what is expected of a leader

Walking Requirements

- 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.

Inclement Weather and Cancelled Walks

In the event that conditions are so bad that the walk would be dangerous to go ahead or the Walk Leader may be ill and cannot find an alternative leader, the Walk Leader will attempt to contact as many ramblers for their group as they can if they decide to call off a walk, but they may not have everyone's details.

If possible a note will also be posted to our Facebook Page and /or Website

If you are in any doubt please contact the Walk Leader before setting off.

Lunches

On all day walks, the leader will usually have arranged a lunch stop in a pub. Some will allow us to eat our own sandwiches, but you should still buy a drink and their own crisps if they sell them. They won't appreciate you eating Tesco's crisps!

The programme will usually say "own food" if the landlord is agreeable to this, or if no pub is available. If in doubt, ring the leader. Please cover or remove your boots before entering a pub.

What is a Grid Reference?

Our walk programme shows a grid reference and Post Code where available.

Grid references are used to locate the start point on an OS map or use internet access [Streetmap](#) to locate, entering the code usually prefaced by TL as the search term.

Ramblers Association – Do I have to join?

Whilst we are affiliated to the Ramblers Association, it is not a requirement of our club that you are an individual member.

Accident or injury

All walks are at the individual's own risk. Neither the Chelmsford Rambling Club nor the leader can accept any responsibility for any accident or injury which may occur during any of the Club's walks or other activities.

In the event of any such accident or injury it is important the leader furnishes full details as soon as possible (but no later than 10 days after the event) to the General Secretary (required by our insurers).

The Club has £10 million public liability insurance for injury to the public or loss of or damage to property not owned by us or in our custody or control, and includes member to member liability.

For our insurance to be valid all walks must be publicised in advance. If you decide to arrange an ad-hoc walk with other members of the Club you are not covered by the Club's Insurance and would be walking as an individual and covered by any personal insurance (such as Household Insurance) you may have.

***Please note: The start of a walk is a meeting point designated by the Walk Leader. When proposing the walk the leader will have ascertained that parking close by is available, but situations can and do change. Therefore parking is the individuals' responsibility and not the Leaders.**