

# Walking Group R Conventions and Guidelines

Additional guidelines for Covid-19 are in bold.

## Walking Group R

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## Walk arrangements

1. We have a walk planned for every Monday, except bank holidays. Informal walks often occur on bank holidays.
2. Walks are usually between 7 and 9 miles long and taken at a reasonable, not too fast, pace.
3. All walks should be reconnoitred and considered appropriate for the Group.
4. A brief description of the walk, including its length and any potential hazards is given on the Walks Programme on the Group's home page.
5. Walks usually start at 10 am and the walk leader provides a grid reference for the starting point. Several of the group meet by the entrance to Whirlow Brook Park at 9:30 to share lifts to the starting place. We do not normally wait for late comers. **During Covid-19 regulations, no car sharing can take place.**
6. There are two breaks in the walks one at about 11 and the other between 12:30 and 13:00. These usually require sitting on the ground.
7. We often visit a pub or cafe after the walk. We do not normally buy rounds of drinks but lift receivers will buy a drink for their driver. We do not exchange money for lift costs. **We will only visit pubs/cafes once it is safe to do so.**
8. We normally try to find free car parking at walk starts. Where this is not possible, the driver of a shared car should not have to pay for parking.
9. It is the prerogative of the leader (possibly in discussion with Camilla or Chris) to cancel a walk due to weather. If the leader has to pull out at the last minute a "default walk" either the one based on The Grouse or one well known to most of the members walking takes place. Walk changes due to the weather should also use a "well known" alternative.
10. Only members and potential members (on one of their two taster sessions) of the Group are included in the walk.
11. At the beginning of the walk the walk leader will give a quick briefing and verbally check

- the number of walkers;
- whether a back marker is needed (if the number is more than 6);
- that there are at least two paper maps available and, if appropriate a compass;
- that there are at least two mobile phones available;
- **that the numbers are within Government Guidelines**

12. During the walk, the walkers should:

- keep appropriate pace;
- ensure all members are present at junctions etc;
- follow the country code;
- take care when walking on or crossing roads;
- **observe physical distancing according to government guidance;**
- **not share food outside households;**
- **not share or pass poles and equipment between members.**

13. At the end of the walk the walk leader should check members have completed the walk or are otherwise accounted for.

## 0.1 Personal Responsibility

Members walk at their own risk. They are also responsible for being appropriately equipped and fit to walk. They are advised to have a personal checklist. They should not walk if they: have Covid-19 symptoms or are waiting for results of Covid-19 tests or have been in contact with someone being tested for or infected with Covid-19 within the last 14 days

All members are expected to carry

1. Information such as who to contact in an emergency and any medications being taken. (ICE) A form is provided to help with this is on the Group website. Alternatively it can be added to the lock screen of many mobile phones.
2. Personal first aid kit, **including an alcohol based hand gel.**
3. Appropriate food and drink.

It is a good idea to carry a mobile phone if possible.

## Communications

1. Communication between the Group is via email, via the Group home page as below and occasionally, the drop box folder set up by Mike Pupius.
2. More general information and the planned walks are displayed on the Group's home page (<http://su3a.org.uk/homepages/walking/walking-group-r/>).
3. When the information is urgent, such as cancellation due to weather or change of meeting place, texts are best for those who have mobile phones and usually have them on, otherwise landlines will be used.

4. It is useful to know who is expected on a walk but this is informal. **While Government Guidelines are in place, members should inform the walk leader that they intend to come so that appropriate arrangements to conform to the Guidelines can be made.**

### **Walk planning and leading**

1. Every member of the group is expected to lead one walk in each group of walks. Couples lead two walks – one each.
2. There is a spreadsheet on the Group's home page where walk details can be entered. This can be done via another member of the Group if necessary.
3. A walk leader is expected to "recce" the walk before the walk takes place. They are not expected to do this on their own and members of the Group will ask each other to help with this.

### **Social and other activities**

1. The Group organises a Christmas walk and meal and a midsummer walk and meal. We may add to these.
2. The group may agree to take trips together. Individuals are responsible for booking transport and accommodation themselves for such trips. They should also have their own travel insurance arrangements. That is, the trips are as a group of friends and not the responsibility of the Group.