

SU3A Walking Group A walks programme

Walking Group A coordinator: Gill 07972 896858 gillg.coordinator@hotmail.com

***** SU3A safety information and guidelines for all walkers *****

**Please could all walkers who join any walk on our programme
observe these safety guidelines:**

- If you are delayed on your way to the walk, please contact the walk leader or another group member as soon as possible if it's safe to do so.
- All walkers are expected to take responsibility for their own safety at all times during the walk, and to look out for the safety of others.
- Before taking part in any walk, all group members should assess the risk to themselves and others in the light of their general health, vulnerabilities and any new or ongoing medical issues.
- The grade of each walk should help walkers to make an informed choice about their ability to complete a route at a reasonable pace.
- To safeguard your own health and that of other group members, please do not attend a walk if you are unwell or have a potentially contagious condition e.g. flu, a cold, stomach upset or Covid19.
- All walkers should carry their own food, drinks, medication and first aid kit, wear appropriate clothing and footwear for the route and weather conditions, and carry an ICE (In Case of Emergency) card in their rucksack.
- Follow the route set by the walk leader. If you need to leave the route temporarily (e.g. for a toilet break), inform the leader or back marker.
- If you get separated from the group, make sure your mobile phone is switched on and ring the walk leader or another member of the group.
- If you want to leave the group walk permanently and make your own way back, inform the leader or back marker. You will cease to be covered by SU3A insurance as soon as you leave the group walk unless you are in a breakaway group authorised by the walk leader.
- Dogs are not allowed on any Group A walks.
- Please note that for insurance purposes, children are not allowed to attend any SU3A events, including walks.

Date All walks are circular and start promptly at 10:30	Walk Description	Grade All routes are approx 6 miles	Leader and Contact Details
Wednesday 8th July	Coombs Dale	Moderate	Caroline & Rob
Tuesday 14th July	Bolsterstone	Moderate	Sarah & Clare
Wednesday 22nd July	Three Peak District edges - Birchen, Baslow, Gardom	Challenging	Anne Marie & Harry
Tuesday 28th July	Grenoside Woods	Moderate	Ruth
Wednesday 5th August	Chatsworth	Moderate	Caroline

Tuesday 11th August	Low Bradfield	Moderate	Gill G
Wednesday 19th August	Stannington	Moderate	Brian
Tuesday 25th August	TBA		Lynne
Wednesday 2nd September	Moscar to Ughill moors	Moderate	Gill G
Tuesday 8th September	Beeley to Chatsworth	Moderate	Rob & Caroline
Wednesday 16th September	Bamford Edge	Moderate/ Challenging	Caroline
Tuesday 22nd September	Wentworth Woodhouse		Margaret 07905070544
Wednesday 30th September	TBA		Tim 07745168454