

There are different types of Walking Groups, but these guidelines will apply to all of them.

The Walking Group Leader or any group member can lead a walk, but all should be conversant with these guidelines.

The Walk Leader must:

- Know the intended route and any foreseeable hazards that may be encountered on it.
- Know which members are taking part in the walk
- Be reasonably satisfied they are fit enough to complete it and that they are carrying next of kin details and any other relevant medical information
- Fully brief members before setting off including distance to be walked, duration, lunch/break arrangements, availability of toilets and any points of interest or wildlife to be expected as well as any hazards that may be encountered.
- Ensure that members have good footwear and are dressed appropriately
- Carry a small, first aid kit and water.
- Have a mobile telephone (or access to one) and know how to contact the emergency services.
- Be aware of the weather forecast for the day
- Keep the group together for the duration of the walk

## Longer Walks

Longer Walks will usually have a cross country element, be more than 3 miles long and the group will tend to spread out over several hundred yards. In addition to the guidance in the previous section:

- Reconnoitre the route if you haven't done it previously or for some time.
- Note any difficult terrain, areas likely to flood or become dangerous when wet and hazards like stiles, steeper sections and when walking on or crossing busy roads, etc. and include in your initial briefing.
- Pay attention to the Highway Code on roads, without a footpath, by facing oncoming traffic and walking in single file.
- Appoint a "Fortrekker" and a "Tail end Charlie", both of whom must be able to communicate by mobile telephone and should wear clothing with high visibility. It is probably helpful if other groups members also wear something clearly visible.
- Consider using the what3words app. Ideal for use in an emergency, when postcodes are not available. The application can be downloaded to a smartphone.