Stockport Walkers

Enjoying the great outdoors since 1909

GUIDANCE FOR WALKERS (from the Handbook)

These guidelines are intended to help you and the other Walkers to get the most out of your walking and aid your own and other Walkers' safety. Enjoy your walks.

If you need any help understanding what to do, or what to bring along, please do not hesitate to contact any of the Committee, the Walks Coordinator, or the volunteer Walk Leaders.

Please remember our Club Rule that Walkers walk at their own risk and therefore please consider your own safety before embarking on a walk.

Guidelines for Walkers

1. Arrive in enough time to prepare for the start the walk at the time stated in the Programme.

2. Do not try to undertake a walk if you suspect it is beyond your capabilities. If you are uncertain about your fitness for a particular walk, please contact the volunteer Walk Leader beforehand for additional information about the walk. *(See our grade of walk definitions for each A, B, C grade.)* (Expect the walk to last for about 4 to 5 hours normally, if in any doubt discuss with Walk Leader in advance)

3. It is essential that Members come attired in suitable hiking footwear and clothing relative to the season and all potential weather and terrain conditions. For example:

a. water resistant walking boots (not trainers or ordinary shoes)
b. waterproof jacket & over trousers
c. additional clothing in event of temperature drop / wind chill etc
d. for winter and high-level walking, warm hats, gloves
e. sunglasses, sun hat.

4. Carry an adequate first aid kit and any safety equipment, spare laces, sun cream, etc. *(see* the Club's *First Aid List)*

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5. For all walks (unless notified in the programme) bring a packed lunch and drink, plus drinks and snacks for morning and afternoon stops and adequate re-hydration (water) and always have emergency rations e.g., bar of chocolate.

6. It is courteous and essential for everyone's safety to follow all the volunteer Walk Leader's instructions as they have put a lot of effort into planning the walk. Always walk behind the Leader unless specifically agreed otherwise. Leaders try to set a pace suitable for the group as a whole and Walkers going ahead or choosing their own routes makes this task more difficult.

7. Please offer help to other walkers where necessary, especially at difficult styles and steep steps / slopes.

8. If you wish to drop back at any time, do not forget to inform the Leader / Back Marker.

9. Please remember when preparing for a walk that you are responsible for your own safety in all conditions, and you should endeavour not to endanger or spoil walks for other walkers.

10. Where appropriate, inform the Leader of any medical conditions and do not forget any necessary medication.

11. Dogs are not permitted on any walks as livestock may be encountered.

12. Please follow the Country Code and avoid damage to growing crops etc.