

Guidelines for Walkers.

- Walkers must have current membership of the u3a. (A visitor may take part in the walk, providing they advise the Walk Leader in advance and satisfy the prevailing rules for visitors.)
- Participants must choose a grade of walk suitable to their level of fitness and expertise. If unsure of the suitability of a walk, they should contact the Walk Leader beforehand.
- Participants must inform the Walk Leader of any medical condition that could affect their ability to complete the walk. Individuals are responsible for carrying any special medication that they require.
- Must have appropriate clothing, including a waterproof; boots or sturdy walking shoes are essential for most walks.
- Walking poles, though not mandatory, can provide additional stability and reduce fatigue.
- Carry a whistle or mobile phone.
- Must stay within sight or hailing distance of the Walk Leader or Backmarker at all times.
- Must not leave a walk without informing the Walk Leader or Backmarker.
- If possible, should check the website the day before for any change to the walk, start venue, or start time.
- Walkers intending to meet the group at the start point should advise the Walk Leader.

Everyone's safety depends on the cooperation of each member. Please consider other walkers and inform the Walk Leader as soon as possible if you spot a problem or potential problem.