

iU3A Leisurely Walks Group



Guidelines for Members

Please be aware of & comply with the following:

1. For everyone's safety please abide by the advice, instructions and the recommendations, of the volunteer Walk Leader
2. Keep the Leader or leading group in sight at all times.
3. Don't walk on ahead as the Leader needs to set the pace.
4. We will walk at the pace of the slowest member. This might be frustrating for those that want to walk faster but please be considerate and accept this group pace.
5. We will sometimes have to make changes 'on the hoof' - if transport or route conditions have changed on the day. Accept the decision of the Walk Leader.
6. If you are delayed in reaching the start of the walk, please phone the Leader (details are in the published walk details). If you wish you can try to catch up with the group, if the route is easy to follow.
7. If you need to leave the group at an opt-out point or for any other reason, please inform the Leader. Then we know you're not lost.
8. Please don't bring dogs on our walks.
9. Though walking is one of the safest outdoor activities, no activity is completely without risk. It is your responsibility to ensure your own safety.
10. As responsible adults you are responsible for getting to and from the start and end points.

And finally - please enjoy the walks!

Our walk leaders are group members themselves and, as you know, volunteer a considerable amount of time and effort in preparing the walk route, as well as taking responsibility for leading a group on the day. The experience is much more enjoyable for them as well as you, if these simple guidelines can be observed.

March 2018