



iU3A Amblers Walking Group - Guidelines

1. Please allow plenty of time to get to the meeting point by the published start time. We will leave promptly. We do not have pre-arranged bookings for the Amblers Group, so if you are late we won't be expecting you and won't wait for you.
2. While the Walk Leader may provide assistance and guidance on public transport, it is up to each member to find their way to the start and from the finish of the walk.
3. For everyone's safety please abide by the advice and the instructions of the volunteer Walk Leader, and keep the Leader or the main party in sight at all times. Don't walk on ahead as the Leader needs to set the pace.
4. If a problem arises and you must stop or leave the walk, make sure the Leader knows! If the Leader is out of sight, call him/her on their mobile number if necessary – it will be in the published Walk Details. If you leave a walk early, you are responsible for your own transportation decisions.
5. Support the Leader's decisions and follow instructions. We will sometimes have to make changes 'on the hoof' if transport or route conditions have changed on the day.
6. When approaching hazards such as busy roads, take personal responsibility for crossing, don't just follow the people in front.
7. Please don't bring dogs on our walks.
8. Though walking is one of the safest outdoor activities, no activity is completely without risk. It is your responsibility to ensure your own safety.

Most of all - please enjoy the walks!