

Walking Group Information

This information aims to set out how our walking group works. We hope that all members will find it helpful and enjoy walking with us.

How do you find out about the walk?

Walks start at 9.45am. We meet at the start. There is no need to book, just turn up.

Details of the walk are added to the Bedale U3A website a week before the walk date. This includes the start point, a brief overview of the route, distance, terrain, whether there are any styles and parking information.

What App Group.

In the event of a walk being cancelled at short notice, the walk organiser will send a Whats App message to the group. If anyone needs to ask for a lift, this group can be used.

How do we choose routes/organise walks?

We hope everyone will work together by taking a turn to organise a walk or buddying up with someone to pick a route and lead the walk. People don't have to invent new walks, it could just be a case of picking one of their favourite routes.

A rota covering a three month period with the names of the volunteers will be added to the website by our contact person. A week prior to the walk, the walk organiser will give details of the walk to the contact person, so that it can be added to the website.

Risk Assessment

The U3A requires that each group has a risk assessment. To avoid people being put off by the words risk assessment, we have incorporated it into this information.

Individual Responsibility

- Wear suitable clothing and walking footwear. Carry waterproofs. Food/drink.
- Individuals are responsible for their own health and deciding whether they are fit enough to walk.
- We recommend people carry details of their emergency contact and any key information. It would be helpful if these were kept somewhere accessible. eg. Outside rucksack pocket
- Walkers are asked not to leave the group early without telling the organiser.
- We recommend that a small personal first aid kit is carried.

Walk Organiser/Leaders Responsibility

- Organiser will choose a route they have previously walked and can lead others round.
- At the start of the walk they will make a note of peoples names and complete a head count.
- Complete a head count at the finish.
- Have a charged mobile phone and map (paper or electronic).