

Guidelines for Participants on Newport Outdoor Group Activities

Effective date: July 2010



1. Wear suitable clothing and footwear.* Take appropriate equipment in case weather conditions change.
2. Ensure you are capable of doing the activity.*
3. Arrive on time.
4. Adhere to organiser's instructions at all times.
5. Do not go ahead of the organiser at any point.
6. It is advisable to bring first aid kit/medication (if required); possibly drinks and food, depending upon the nature of the activity.*
7. Inform the organiser of any pre-existing medical conditions. However, the organiser cannot be held responsible and may not be First Aid Trained. The organiser does not take responsibility for individuals, although consideration will be taken into account as far as is possible. Ultimately, an individual is responsible for oneself.
8. Persons under 18 years of age must be accompanied by a responsible adult.
9. It is essential to inform the organiser, if, at any point, you decide to leave the group. If members wish to split into smaller groups, then it is participants' own responsibility to provide maps to ensure their own safety.
10. Participants must be courteous, have respect for other participants, and respect the advice and information given, and the decisions taken, by the organiser.
11. If animals are brought along on activities, it is advised to check with the organiser in advance to ensure it is suitable to participate.
12. Respect the Countryside Code at all times.

***If in doubt, contact the organiser for details beforehand.**

Guidelines for Organisers on Newport Outdoor Group Activities

1. Ensure a head-count is undertaken at commencement of an activity and make frequent counts throughout the event.
2. Ensure the activity is well planned. Take appropriate equipment such as map(s) and navigational aids. Encourage members to bring maps on walks. Consider bringing additional maps in case the group splits up at any point.

3. The organiser should identify a “back marker”. The organiser must keep contact with the back marker throughout the activity. Abide by the rule “Walk as fast as the slowest person.” Back-markers should also have a map.
4. The organiser must stop at all junctions/turnings and re-group before moving ahead.
5. If the organiser feels that an individual is not physically and/or practically prepared for the activity, the organiser may ask an individual to withdraw. If withdrawal is refused, the individual is advised that this will be at their own risk. The organiser should offer this advice in the presence of the whole group: liability then becomes the responsibility of the individual.
6. For trips away:
 - (A) Route(s) should be identified before leaving and left at base in case of emergency. Estimated time of return should be given.
 - (B) If more than one group is made up, then walkers should be named according to group, and group details and route to be left at base, together with mobile ‘phone numbers.
7. Respect – Protect – Enjoy the **Countryside Code** at all times
 - Be Safe - plan ahead and follow any signs
 - Leave gates and property as you find them
 - Protect plants and animals, and take your litter home
 - Keep dogs under close control
 - Consider other people