

NEWPORT OUTDOOR GROUP – SAFETY REQUIREMENTS FOR WALK LEADERS

Please follow this guidance, so we all enjoy the walk. Need help or advice ? Ask a committee member.

Equipment.

- Make sure you are [properly equipped](#) – see the Newport Outdoor Group – Safety Requirements for Walkers document.
- Make sure that [all those on the walk are properly equipped](#).

Before the Walk.

- Unless you are an experienced leader, please [walk the route in advance](#) to check that you know the route and to assess any particular safety hazards.
- [Inform the Group members](#), before the walk, by e mail, on Meet-Up and at Group event(s) of ...
 - A brief [advertising sentence](#), describing/selling the event.
 - [Meeting time and place](#).
 - The walk [starting point](#).
 - The length, difficulty, terrain and the equipment needed.
 - [Refreshments](#) available and food / drink to take on the walk.
 - [Who to contact](#) for further information.
- Complete the Group [risk assessment form](#).

On the Day of the Walk.

- Again, [inform the walkers](#), before leaving Newport or the Hostel, of the [relevant information above](#).
- [Assess whether all walkers are properly equipped](#) and whether they are [capable of completing the walk](#).
 - If the answer is no to either question, you should suggest that they [do not come on the walk](#).
 - If it is a mountain or other serious walk, you should politely [insist that that the member does not come on the walk](#).
 - An ill-equipped walker or one who is barely capable of completing the walk, [could endanger the safety of all on the walk](#).
- Before starting walking, [remind the walkers](#) to ...
 - shut all gates,
 - not to go too far ahead of the leader,
 - inform the leader if someone wants to leave the walk before the end and if someone wants to 'disappear behind a bush' !.
 - AND [inform](#) walkers of the [high](#) and [medium risks](#) of the risk assessment.
- [Perform a count](#) of all walkers at the *start*, at the *end* and at stages during the walk.
 - appoint a 'back marker' if there are more than, say, 15 walkers.
 - Make sure you can account for all walkers throughout the walk.
- [Monitor progress of the walkers](#) during the walk.
 - eg Is someone having difficulties ; is the group spread out too far ; how are new members doing ?
- Consider [altering your plans](#) in the light of event, etc.
 - eg if the weather turns bad ; if the walk is likely to finish very late.
- [You have authority](#), as the leader of the walk ...
 - If a dog presents a particular hazard, eg during lambing time, [you can tell a walker not to bring the dog on the walk](#).
 - If walkers disagree with the route, you can continue with your planned walk, unless conditions deteriorate or there is some other hazard.
 - However, do accept constructive advice and help.
 - Consider altering your plans if, for example, the weather turns bad.
- If a walker(s) want to leave the walk, make it plain that [they become solely responsible for their own safety](#).
- [Take regular breaks](#) and choose the best available places for stops.
 - eg in the shade if it is very hot, in a sheltered place in the winter or in bad weather.
- Walk at a pace such that the [walkers keep together](#).
 - Over the whole walk, it is necessary to walk at the pace of the *slowest* walker.
 - In mist or fog it is important to keep the walkers close together.
 - If someone goes too far ahead, ask him/her to stay close to the group.
- [Follow the Highway Code](#), when walking on roads.
 - See the NOG – [Safety Requirements for Walkers document](#). Ensure its advice is followed.
 - NOG has 'hi-vis' waistcoats ; [take at least 2 on the walk](#), one for the front and one for the back of the group.

- [Torches](#) are essential equipment for the whole of Greenwich Mean Time and in the early or late periods of British Summer Time.
- Try to [avoid or minimise walking on busy roads](#) that do not have a pavement.

DO NOT COPY