

NEWPORT OUTDOOR GROUP – SAFETY REQUIREMENTS FOR WALKERS

So that all members enjoy Group walks, please make sure you follow this guidance. It will help both the walk leader and other walkers to have an enjoyable and safe day.

Equipment

- Make sure you've got the [proper clothing and footwear](#), etc., for the walk.
 - If you're not properly equipped, you can endanger the safety of the whole group !
- Weather conditions can change during the walk.
 - A sunny day at 9.30 am can become cold and wet by 5.00 pm, even in summer.

[Essential equipment](#) for group walks and weekends away in winter is ...

- a) Waterproof and breathable [jacket](#) and [trousers](#) plus [warm clothing](#).
- b) [Spare warm clothing](#), which, normally, you won't use.
- c) Ankle-supporting shoes or [boots](#) with an effective grip.
- d) [Thermal gloves](#), [hat](#), [first aid kit](#), [whistle](#) and [survival bag](#).
- e) Food, drink, map, compass, torch and mobile phone (but there's not always a signal in the countryside).
...and in summer is ...
- a) Waterproof and breathable [jacket](#) and [shoes or boots](#) (for boots, see c above).
- b) [Warm clothing](#) appropriate to the conditions.
- b) If it's a mountain walk, still bring the items in d and e (above) plus [spare warm clothing](#).
- c) [Food, drink, map, compass](#) and [mobile phone](#).
- d) Sun-cream, sun hat and plenty of liquid to drink.

➤ Is it a tough walk / a particularly long walk / a walk in the mountains in winter ?
Bring [all or more of the above equipment](#). Haven't got all of it ? Ask a committee member or the walk leader beforehand – perhaps you could borrow some.

NOG Monday and Thursday Walks.

- If the walk is urban or is a low level countryside walk, not all of the equipment above is necessary. In general, the following will still be necessary, depending on the conditions ...
 - Ankle-supporting [shoes or boots](#) with an effective grip.
 - [Warm](#) and [waterproof clothing](#).
 - [Torch](#).

Are you capable of doing the Walk ?

- The leader will advise on the severity of the walk, but [ask the leader if in you are in any doubt](#).
If you can't keep up with the pace of the walk, you won't enjoy the walk and you will slow the group down.
In severe circumstances, you can put the safety of the group in danger !

Follow the Leader's Instructions

- Unless the leader becomes incapacitated, in times of difficulty it is better to [follow the leader's instructions](#).
- Be courteous, have respect for other participants, respect the advice and information given, and the decisions taken, by the leader/organiser.

Do not go far ahead of the Leader

- Also, if you need to stop at any time, [inform another member of the group](#).

Inform the leader of any medical conditions.

- [Bring any medication](#) or first aid kit necessary.
- [Check with the leader](#) to ensure you are capable of completing the walk.

Under 18 year olds must be accompanied by a parent or appropriate adult

Inform the leader if you leave the walk

- You are now responsible for your own safety and for getting back to the cars or Youth Hostel.

Check with the leader that animals can be brought on a walk.

If you bring a dog on a walk ...

- Dogs should be on a lead all the time.
- Check whether there are farm animals in a field ; keep your dog away from them.
- Dogs must be on a lead at all times.
- If bulls or farm animals with their young are present, dogs and their owners must keep well away from the other NOG walkers, so as not to create an extra hazard for Group members.

Follow the Countryside Code

Read the Code at

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/701188/countryside-code.pdf

Otherwise search on www.gov.uk

Its key points are ...

- Leave gates and property as you find them.
- Follow Rights of Way, (footpaths, etc), permissive paths and permitted open access land.
- Walk in single file through crops ; don't climb fences and walls.
- Leave no litter ; don't pick flowers ; don't start fires.
- Keep dogs under control ; avoid farm animals ; clean-up after your dog.
- Be properly equipped for the conditions ; check the weather forecast.

... but follow NOG and other rules as well, especially if they are more restrictive. Don't forget to read the Code !

Walking on Roads - Key points to Remember

- Use the pavement (including any path along the side of the road) where there is one
- Use safe crossing places where possible and follow the Green Cross Code
This means – a place where you can see clearly in all directions ; not at a blind bend, the brow of a hill or where you may not be obvious to vehicles.
- Help others to see you by wearing a bright and reflective waistcoat at the front and rear of the party, if there is no pavement. This will usually be provided by the leader.
- Use reflective materials at night such as armbands, sashes or jackets.
- Listen for traffic ; you may hear it before you see it.
- Shout a warning to other Group members.
- Take special care with young children.
- It may not always be possible, but plan your walk to minimise road walking unless the roads are quiet country lanes or they have a pavement.
- Remember that vehicle drivers may not expect anyone to be walking on a country lane.

What to do when there is no pavement available

- Keep to the right-hand side of the road so you can see oncoming traffic.
- Keep close to the side of the road and be prepared to walk in single file.
- If you come across a sharp right-hand bend it may be safer to cross to the left-hand side of the road and cross back after the bend.
- There should be look-outs at the front and back of the group wearing bright and/or reflective waistcoats in daylight and reflective clothes in the dark.
- At night, there should be torches at the front and the rear of the party.