

Cheadle U3A Walking Groups – Health and Safety Advice and Disclaimer

DISCLAIMER

Walking is one of the healthiest and safest, as well as sociable, Outdoor Activities available. However any physical activity carries an element of risk.

Cheadle U3A promotes and encourages members to participate in any of the walks available. However, neither Cheadle U3A nor the Walk Leader/Organiser of the walk(s) has any control over the environment of the walk, the weather, any animal or indeed of any of the walkers themselves, therefore they cannot accept responsibility for any circumstances affecting the Health or Safety of the Walkers in the party.

Provided the leaders are U3A members and the walks are organised by U3A Groups they automatically receive Public Liability insurance cover through the Third Age Trust. This is designed to protect leaders against claims for damage to property and for injury or death which might have been occasioned on the walk. This is NOT a personal accident insurance for walkers and accordingly participants on walks are responsible for their own Health and Safety and the safe keeping of their equipment, clothing and belongings.

In addition to observing the advice below, participants on Walks should follow the advice/instructions of the Walk Leader in order to minimise any risk to themselves and should also ensure that they do not endanger any others in the party.

Our philosophy is “**We start together, we finish together**”.

HEALTH AND SAFETY ADVICE

WALK LEADERS

Walk Leaders have a duty of Care not to lead those following into danger.

- The Walk Leader should appoint a “back marker” who will be issued with a two-way radio, where available, to permit communication between the front and rear of the group.
- Walk Leaders are advised to make several stops to allow those less mobile to catch up with the rest of the group.
- Walkers must never be left behind.
- Walk Leaders should have carried out a recce of the route to be able to advise walkers of any potential hazards e.g. hills, stiles etc.
- Short Walkers and Ramblers Walk Leader should be in possession of an Emergency Location Beacon.

WALKERS

Each walker has Duty of Care to ensure that he/she avoids hazards to themselves and to fellow walkers and to take all reasonable steps to avoid putting their companions into any danger.

- Walkers with reduced mobility are advised to contact the Walk Leader prior to the walk to determine whether any aspect of the route may prove too challenging for them.
- If an individual requires a rest during the walk they can ask the “back marker” to contact the walk leader to request a break.
- Walkers should not walk ahead of the Leader(s).
- Walkers are advised to wear suitable clothing for the expected weather conditions. Or to carry waterproof clothing in the case of unexpected wet weather.
- Walkers are advised to wear suitable footwear for the conditions likely to be encountered during the walk. Sandals are generally considered unacceptable.
- A walking stick is recommended but not essential.
- Walkers are advised to carry sufficient water to avoid dehydration. This does not only apply in hot weather. In addition walkers are advised to carry a snack to eat to maintain energy.
- During the walk each individual should keep a sharp look out for any unusual hazards and, if spotted, advise those following to take extra care.
- Awareness and caution are the watchwords at all times, especially when climbing over stiles.
- As walks often venture on to farm land occupied by livestock, DOGS are not accepted on walks.

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I have read, understood and accept the foregoing Health and Safety Advice and Disclaimer

Please provide the following information and sign below:

WALKING GROUP: RAMBLERS/SHORT WALKERS/STROLLERS (delete accordingly)

NAME(S):

SIGNATURE:

PHONE NUMBER:

E-MAIL ADDRESS:

U3A MEMBERSHIP NUMBER:

DATE:
