



[www.poyntonramblingclub.co.uk](http://www.poyntonramblingclub.co.uk)

A Friendly Local Walking Group for 50 years



*Affiliated to H F Holidays  
The Ramblers Association  
Peak & Northern Footpaths Society*

## Member Guidelines

### Guidance for Walkers of Poynton Rambling Club

Walkers should let the Walk Leader know that they intend to come on their walk and confirm that the meeting point and start time are clearly identified and understood. Walkers should turn up at least 15 mins before the start time. Meeting Point grid references are given in the Walk Schedule and the start point is accurately displayed under the heading *Google* on the calendar.

Spare clothing should be carried, appropriate to the likely weather conditions. It is particularly important for upland cold weather walks, that all walkers should carry extra clothing items, to allow for a prolonged emergency halt in exposed conditions.

Sufficient liquid (not alcohol) should be carried.

A personal first aid kit should be carried by all walkers. A survival bag is also recommended. First Aid should only be given by a competent first aider.



It is recommended that walkers should carry a personal ID, which can be readily found in case of emergency. This should identify their name, an emergency contact no. and information about any medical conditions e.g. asthma, epilepsy, diabetes, angina etc., together with special medication requirements. The Club will provide a plastic key fob for this purpose, if requested. If special medication has to be administered in an emergency, it should be carried on all walks and at least one other member of the walking party should be aware, knowing how to administer this properly



If walkers wish to bring a dog, they are obliged to seek the permission of the Walk Leader prior to a walk. The walker is responsible for cleaning up after the dog and for the effective control of the dog in all circumstances of the walk. All signage and the Countryside Code should be observed in relation to keeping a dog on a lead when in the vicinity of loose livestock or wildlife.

Walkers should walk on paths where available, to minimise damage to flora and heed requests from the Walk Leader to walk in single file.

Walkers should tell someone when wanting to take a 'comfort break' so that the Walk Leader and/or Back Marker can always know the whereabouts of the group.

Walkers should not walk so far in front of the Walk Leader that it makes it difficult for the Walk Leader to give them advice. A rule of thumb is that one should always be within easy hailing distance. Such distance can be much reduced in windy conditions. It is the walker's own responsibility to monitor this distance.

Walkers should use gates and stiles to cross fences, hedges and walls. The Leader may request another walker to stay with a gate to ensure that it is closed after the group. This responsibility may be passed to another walker. The last walker is responsible for leaving gates as the Walk Leader originally found them.

Walkers should be prepared to go at the pace of the slowest in the party.

Walkers must be considerate and should be prepared to assist others at obstacles such as stiles, when appropriate. Ensure that walking poles are not a hazard to others.

Potential hazards should be communicated from walker to walker.

Walkers should remain aware of those in front and those behind, particularly where a change of direction is involved.

If on loose/rough ground, walkers should not get too close together and be in danger from stones dislodged by the person ahead.



When walking on a road, members should follow the Highway Code, i.e.

Where there is a footpath, use it

Where there is no footpath, walk on the right-hand side of the road

Walk in single file, especially on narrow roads and in poor light

All rubbish should be taken home, including fruit skins and peel

'Leave no trace and take your litter home' (Country Code)



## Disclaimer

The Club carries Public Liability Insurance (PLI) but the following should be noted. Walking is inherently not without risk and all walkers are advised that they are responsible for their own safety. In particular, with respect to their personal safety (see notes 4 and 5 above) walkers participate in the activities of the Club at their own risk. The PLI is not intended to cover loss or damage to your own property, nor does it cover accidental injury.

Any claim concerning travel in a vehicle should be covered by the motor insurance for that vehicle. It could be of importance to the Insurers that a full record of Walkers on any walk is made available in the event of a claim. The Walk Leader should gather this information before setting off on the walk and should give it to the Walks Statistics Co-ordinator as soon as possible afterwards.

