



How to Plan and Lead a Walk

Planning

1. You should never create, or pioneer a walk on your own. Always have an alternative leader.
2. The distance should not unduly tax the capabilities of the group.
3. Always assume a pace suitable for the whole group.
4. After devising the walk, walk it yourself in advance of the day.

Before you set off on a walk :-

1. Count the walkers and make a list of names.
2. On the day of the walk, ensure that each member has the club medical form on their person. Ensure that anyone who has a medical problem (heart, epilepsy, diabetes, allergies etc) inform the leader.
3. Register 999 text service or have "What Three Words" app on their mobile.
4. Introduce yourself and the back-marker. Both the leader and the back-marker should wear high visibility jackets.
5. Ensure a first aid kit is available. The walk organiser usually carries one.
6. Introduce new members to the group.
7. Give details of the route and highlight expectations of staying with the group. Advise not to go ahead of the leader or behind the back marker. Remind to help each other and warn of hazards.

On the Walk

1. Frequently check that you can see the back-marker and allow for regrouping.
2. Set the pace to suit the group.
3. Manage the stiles/gates/steps and crossing roads to limit any problems. Ensure time to regroup before moving off.
4. Point out places of interest and allow time for photos.
5. Take time for a break and ensure that every one has a break. (don't set off just as the last person catches up!)
6. At the end of the walk thank the group.
7. Fill in an incident report form if necessary.