

## Notes for Walk Leaders and Walkers

Dear YOG Members,

The Committee has produced these notes with the following intentions:

- To give guidance to walk leaders regarding the health and safety of their group.
- To remind all people taking part in walks of what they should do to ensure their own health, safety and enjoyment.

Please bear these points in mind whenever you are participating as a walker or as a leader.

### YOG Walk Leaders' Health and Safety Notes

- If you feel unsure about leading a walk, consider leading one jointly with someone else
- Remember that in general YOG walks are between 10 and 12 miles in length; if you intend to lead a shorter or longer walk please state this clearly on the programme.
- Try to ensure that there are at least two maps carried by the group-as well as a GPS if you want to use one. If you don't have your own map, contact Mark Cook who holds the YOG map library. In the unlikely event of the one you require not being available, a new map can be bought.
- Take a first aid kit and a survival bag (YOG has five; speak to a committee member or the leader of last week's walk to get one).
- Before leaving Nunnery Lane, ensure each car knows where you are starting the walk from.
- Ensure that new people know how long and strenuous the walk will be and that they are properly equipped.
- Know how many walkers you have in your group.
- Ensure that you can see all members of the group even if you stretch out along the path and especially if you are walking in the mist. Consider using a "back-marker" to bring up the rear.
- When you are waiting for some group members to catch up with you, allow them rest time too before you set off again.
- Consider 'escape routes' if the walk is taking too long or people are tired or ill, or if conditions deteriorate.
- Don't let anyone go off on their own.
- Avoid walking in the dark.
- Enjoy the walk!

### YOG Walkers' Notes

- Assess whether you are fit enough to participate before you join the walk. If necessary, discuss this with the walk leader.
- Ensure that you are properly equipped with boots, waterproofs and warm clothing
- Consider taking a map, compass, whistle, torch, first aid kit, survival bag if you have them.
- Ensure that you carry sufficient food and liquid for the activity (including emergency rations, particularly if the terrain is high or remote).
- If you have a medical condition that could affect you during the walk, or become unwell during the walk, please ensure both that the walk leader is aware of this and that someone in the group knows what to do if you are taken ill.
- Please don't go off on your own!
- Ensure that someone in your car knows where the walk is starting from.
- Enjoy the Walk!

*Please note that neither the York Outdoor Group nor the YHA offers any insurance to individual walk leaders or walkers.*

With best wishes for safe and enjoyable walking!

The YOG Committee  
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