

Guidelines for Nordic Walkers

To enable a walk to be conducted safely, please be prepared to adhere to the following guidelines:

Nordic Walkers:

- Must have some previous instruction regarding the safe use of Nordic poles
- Must wear appropriate footwear
- Must have warm and waterproof clothing and carry a drink on every walk
- Must not set off on a walk until the Walk Leader has arrived.
- Must stay within sight or hailing distance of the Walk Leader or Back Marker at all times
- Must not leave a walk without informing the Walk Leader or Back Marker
- Must inform the Walk Leader of any medical condition that could affect their ability to complete the walk.
- Individuals are responsible for carrying any special medication that they require for personal use

If you are unsure about a walk's suitability for your fitness level or what to bring with you, then feel free to contact any of the Walk Leaders before the walk. It is not always possible to shorten a walk.

Where possible, walkers should check the group Facebook Page the day before for any changes to the walk or information about walking conditions.

See also the document about the **updated Highway Code for Walkers** (January 2022).

Different rules for walkers apply when there is no pavement depending on the size of your group. Small groups should **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.