

Lancaster and Morecambe u3a

Information for members of the Harder Walking Group

Walks' leaders are not qualified guides and everyone joins them at their own risk. It should be recognised that the party is walking as a group of non-qualified individuals and the leader is someone who has planned and usually pre-walked the route. It is the leader's responsibility to make the decision to cancel or vary a walk in the case of inclement weather.

Everyone owes a duty of care to each other. For safety reasons, it is recommended that there should be a minimum of 4 walkers on any walk. In the event of an accident, the leader will act in a way that they deem safest to help any injured parties whilst appreciating the assistance of any experienced members of the party. Walkers should understand that they are walking as a part of an organised group and maintain a group pace. They should follow the leader's instructions at all times and in particular, are asked not to walk ahead of the main group.

Clothing and equipment - Walkers should ensure that they are appropriately equipped to cope with possible changes in weather conditions and conditions under foot. Waterproofs should be carried and suitable footwear worn on all walks. In winter, when snow and/or ice are likely to be encountered, walkers should be equipped with spikes. It should be noted that the leader has the right to refuse to include any member on the walk who is inadequately equipped. It is recommended that all walkers carry a first aid kit, a foil blanket and/or survival bag. It is also recommended that, where possible, a map of the area and a compass should be carried by at least 2 members. It is also recommended that the walk leader should have a mobile telephone.

Insurance - The Public Liability insurance covers members against claims where it is shown that the u3a, its agents or members had in some way been negligent resulting in loss or injury to the victim. It should be noted that this is not in place of a personal accident insurance. If a member requires personal accident insurance, it is their responsibility to arrange it.

Emergencies - To assist in an emergency, members are asked to carry details of an emergency contact (name and phone number). The name of their emergency contact can also be held on their mobile phone using the name and ICE (In Case of Emergency). In the case of an accident, the walk leader **must** report the incident as soon as possible to the appropriate walks' coordinator who will complete the u3a incident accident report form.

Walk grading system - Here is a brief description of the grading system. If anyone has concerns about the walk or their ability to undertake it, they should contact the leader in advance.

| Ascent | |
|--------|--------------------|
| 1 | 2,000 – 3,000 feet |
| 2 | 1,500 – 2,000 feet |
| 3 | 1,000 – 1,500 feet |
| 4 | 500 – 1,000 feet |
| 5 | Under 500 feet |

| Difficulty | |
|------------|---|
| A | Very strenuous might include scrambling or rough moorland |
| B | Strenuous possible steep or rough moorland |
| C | Moderate walking possibly some climbing |
| D | Easy walking |

Meeting points and times - The details of meeting points and times are printed in the monthly calendar. It should be noted that the time given is the time that walkers meet at the top car park at Park & Ride near to the Electric Charging Points. Departure is usually 15 minutes after that time.

Car sharing – We try to take as few cars as possible to the start of walks. The current contribution made to the driver is based on 20p for each mile of the outward journey. Generally, walks do not start at car parks where a charge is made. However, where there is a charge, all passengers are expected to contribute their share.

Authored by:

Coordinators – Harder Walking Group October 2022