

Lancaster and Morecambe u3a

Information for members of the Public Transport Walking Group (Based on information supplied to our other u3a walking groups)

The aim is to ensure that walks take place in a safe, pleasant and supportive environment, and that everyone benefits from fresh air and exercise while experiencing the companionship of other walkers. Everyone owes a duty of care to each other and is responsible for contributing to the success of every walk.

Walks' leaders are not qualified guides and everyone joins a walk 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 or other circumstances.

Emergencies - To assist in an emergency, members are asked to carry an ID card in an accessible place in their rucksack. This should give full details e.g. name, address, relevant illnesses, details of medication and who to contact in case of emergency etc. The name of their emergency contact can also be held on their mobile phone using the name and ICE (In Case of Emergency). All walkers are encouraged to install the 'What3Words' App on their telephone as encouraged by the emergency services to easily and accurately pass on your location. 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. If an accident does occur, the walk leader must report the incident, as soon as possible, to the appropriate walks' co-ordinator who will complete and send a u3a accident report form to the committee secretary.

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.

Walk Details - Where available, details will be published in the monthly diary and will be sent by email to members. Public Transport walks are between 5 and 7 miles and up to 1200ft in ascent.

Walk grading system

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

Clothing and equipment - Walkers should ensure that they are appropriately equipped to cope with possible changes in weather conditions and conditions under foot. 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. It is also recommended that the walk leader should have a mobile telephone.

According to the transport used, walkers need to bring a bus pas or railcard if they have one.

Group members' Responsibilities - Walkers should understand that they are walking as a part of an organised group and, as such, they should follow the instructions of the walk leader. Group members should behave in a way that does not endanger themselves, other group members or members of the public. Walkers should not walk ahead of the main group and should maintain a reasonable group pace. With larger groups, it is recommended that the leader appoint a 'back' marker.

Public Transport Walks Co-ordinator

October 2022