



Verwood & District Rambling Club

Walk Leader's Guidelines

- Guide to walk distances (miles):
 - Tuesday - less than 4, preferably closer to 3.
 - Wednesday - less than 6, preferably closer to 5.
 - Friday and Saturday - between 7 and 12 with a stop for lunch.
 - Sunday - any distance the leader wants to offer with lunch at the leaders discretion
- Start location < 1hr drive from Verwood with parking for 15-20 cars. Special parking e.g. dispersed should be spelt out in the programme entry. Use of private parking should be agreed with the owner (exceptions include Cranborne Garden centre).
- Recce the route identifying particular hazards and suitable locations for comfort breaks, refreshment stops after about 1 hr and lunch stops for Fri, Sat & Sun walks.
- Check if any events are scheduled to take place which may conflict with the walk.
- Carry a basic first aid kit.
- Welcome new walkers and introduce them to the group.
- Brief the group on walk details highlighting any specific risks identified in the recce.
- For larger groups and/or difficult terrain, appoint a Back Marker and count the number of walkers before starting, during, and at the end.
- Set a walking pace within the capability of the whole group and wait while stiles are cleared and at the top of significant climbs.
- Where the route entails walking in a roadway without clear lines of site, leader and back marker should wear hi-viz vests.
- Monitor the weather forecast and consider adapting the route to better suit expected conditions, e.g. more shade in hot weather and/or an earlier start time. Whenever amber or red weather warnings are issued the walk must be cancelled.
- You may cancel or change any walk at your discretion.
- In the event of an accident or injury incapacitating a walker, stop the walk while arrangements are made for the care and possible evacuation of the casualty. Ideally this should involve one or more committee members. Only then should the walk proceed. Notify the Club Secretary with details of the accident