

CREWE AND NANTWICH RAMBLING CLUB.

WALK LEADING.

GUIDELINES.

These guidelines relate to leading a typical Crewe and Nantwich Sunday walk. However the guidelines are very general and will apply to most walks anywhere and with any group. The more difficult the terrain, and the more inexperienced the group members, then the more critical the guideline points become.

1. Distribute prepared walk information (two copies). These documents are for circulating in the coach, one copy goes in the walk register book the other circulates the coach.

The walk information should include:

Map copy depicting

Start and finish points

Proposed route

Description explaining

Approximate distance of walk (to the nearest mile) Grade of walk e.g. strenuous, moderate or easy

A reference to any particularly difficult sections e.g. rocky terrain, narrow ridges, rough and pathless terrain, very steep sections.

These points are subjective and it may be necessary to answer questions or advise individuals regarding your route,

2. Ensure you are in possession of the appropriate club First Aid Kit and pass it on to the next leader.
3. The leader and back marker must have a suitable map for navigation of the route and be able to provide a **grid reference** in case of emergency.
4. Enter your mobile number if you have one (or request one from another member of the party) in the Walk Register Book and ensure that you have the mobile number of the other leaders and the coach driver to be used in case of delay or emergency.
5. Agree with the other leaders a coach departure for home time. This should be announced on the coach in the morning so that members are not kept waiting when all groups have returned. If for any reason you are delayed on the walk you should phone the other walk leaders and the driver to inform them of the estimated delay.

The coach departure time should no later than 5:30 PM April to October and 4:30 PM November to March.

6. When the walk register book has been completed, check the number on your walk and then individuals concerned (It may be necessary to discuss the walk with someone, e.g. if you feel it

may be problematic for them.)

7. Check your group number before starting the walk. This is particularly important when the other group(s) are moving off in a different direction.

8. Appoint a responsible Back Marker. Ideally this will be someone who knows the route and has an appropriate map. When leading a large groups (15+) there is a strong possibility of getting spread out. Establish a means of contact between the Back Marker and yourself, to enable the Back Marker, if necessary, to attract your attention and so stop the group. A whistle is usually the best means. Keep in regular contact with your back marker.

9. Ensure that you are at the front of the party at all times.

10. Set a suitable pace for your party. Allow catch-up times for those trailing – it can be very distressing if someone is continually struggling at the rear of the party and everybody needs to be kept safe.

11. Observe the individuals in your group from time to time. Keep an eye on anyone you feel may be starting to suffer - cold, hot, limping or struggling in any way.

12. Keep to designated footpaths. When crossing agricultural land sown to crops, keep to a single file. Observe the Country Code.

13. At ambiguous path junctions etc ensure that the rear of the group know the route you have taken. If necessary delegate an individual to stay at the point of divergence to indicate the route to the rest of the group.

14. Take great care on roads, possibly the most dangerous terrain we walk on. Keep to the right-hand side of the road, in single file, facing the oncoming traffic. However common sense must be applied e.g. when tight right-hand bends are encountered it is sometimes safer on the left-hand side with greater visibility.

15. At the end of the walk, if the group is going to disperse e.g. cafes, shops, etc ensure that everybody knows where the coach is parked remind members of the departure time.