

## Tips for Walk Leaders (summary)

We are all very grateful to you for offering to lead walks – we are a voluntary organization and we value the time and energy you devote to leading us!

There are just a few things that you need to be aware of to ensure a smooth walk:

- Check it out beforehand so you are familiar with the whole route, including possible short cuts in case of bad weather or accident
- Ensure enough parking spaces are available at the starting point
- Provide a UBD map reference for the starting point, if possible, or an excellent description
- Your description should be detailed, accurately reflect any challenges of the walk such as steepness, fences to climb, rough track, need for trekking poles etc
- Walk at a steady pace, checking regularly to make sure the back is keeping up
- If you need to stop and wait for the back people, let them catch up and wait for them to take a breather before you start off again
- When you get to a track junction, make sure everyone is clear which fork to take – don't assume!
- When crossing busy roads, wait until the group has all crossed before proceeding. Choose where to cross roads carefully, considering where it is appropriate for a large group to cross
- Allow some drink breaks and a longer stop about half way through

## Tips for Walkers

- Be respectful – remember to stay behind (or next to) the leader and in front of the designated back person
- Ensure that children who accompany you stay with you and can handle the walk. They are **your** responsibility

If we stick to these guidelines, we will all walk often and with pleasure!