

*We all joined HF Walking Club in order to engage in an activity we enjoy and we do not want it to be a club of excessive rules and regulations. However, we must have some rules to keep us safe and help us organise our activities.*

The rules set out below for walks apply equally to club cycles and other events.

### **General Rules for Club Events**

1. There are risks associated with hill walking and as such all members are responsible for themselves.
2. Members should arrive on time for walks and all club events.
3. A minimum of four people (including the leader) is required for a club walk.
4. The leader may have to refuse someone to take part in a walk, if for example he/she is not adequately clothed or shod or not carrying an appropriate rucksack. The reason for this is that they could endanger themselves.
5. Members have a responsibility not to go on walks for which they are clearly unsuited due to lack of experience, general fitness, or agility. If in doubt, members should consult the leader prior to the day of the walk.
6. Members should bring with them the following essential items: strong walking boots with good ankle support, suitable walking trousers (denim is not suitable), waterproof coat and trousers, warm clothing (e.g. hat, gloves, scarf and spare jumper), sun protection cream, insect repellent, whistle, torch, foil insulation blanket or survival bag, first aid kit (see suggested contents below under "Other"), and sufficient food and drinks for the grade of walk being undertaken. (Always have an emergency ration of food). It is advisable to have a full change of clothes, which can be left in the car.
7. For club cycles, members should always wear a helmet and reflective clothing, and have front and rear lights on bicycles.
8. Members must attach to their rucksack the club membership tag, which gives details of who to contact in the case of an accident or emergency.
9. Walks shall be under the sole charge of the leader, who should follow the guidelines the club has set out for leaders. A back-marker may be appointed at the discretion of the leader. This will depend on the number of members on the walk.
10. Members must follow the instructions of the leader. All members have a duty of responsibility towards the leader and the group as a whole. This means that they must not do anything to undermine the authority of the leader or the safety of the group. Members must at all times be respectful towards, and considerate of, other members.
11. The leader shall determine the pace of the walk, to ensure the safety and comfort of the group. For this reason, members should not walk ahead of the leader.
12. When walking on roads, members should walk facing oncoming traffic in single file. On sharp right-hand bends, it may be necessary to cross to the other side and switch back again after the bend. Wear something reflective if possible and use torches if it is dusk/dark.
13. Members are expected to complete the walk. If a member decides to leave the walk, he/she must inform the leader. The leader then has no responsibility for the member who has chosen to leave the walk.
14. On the day of a walk the leader may change the route of the walk or make it shorter or easier, for example in the event of inclement weather or in the interests of safety.

15. At the end of the walk no member should leave the end point until everyone is off the mountain.
16. Walking in the mountains can be hazardous and members participate in full awareness of such risks to their own safety and life. Members are responsible for determining that their own health is satisfactory to participate in club events.
17. Members are expected to take a responsible attitude to the countryside, in particular, to ensure that any gates they open are securely closed again, to leave no litter (even bio-degradable matter) and to avoid damaging or disturbing animal and plant life, or growing crops. If a gate cannot be opened it should be crossed at the hinge side. Members must respect private property at all times.
18. Dogs must not be brought on walks.
19. Members are encouraged to carry their mobile phones for safety reasons. However, out of consideration for fellow members, they should be switched to silent during the walk.
20. If a leader cannot lead a walk, he/she is responsible for finding a replacement leader. In the event that a replacement cannot be found, the leader should contact the programme planner, but this should only be done in exceptional circumstances.
21. To respect the environment, the number of cars travelling to any start point should be limited and therefore car-pooling and sharing are encouraged. Consideration should be given to the environment with regard to noise and access when parking at any start point.
22. Drivers are expected to return their passengers to the assembly point.
23. Members organising events for the club must send a proposal to the committee for approval before notifying members. When allocating places for these events, the organiser must always give priority to members over non-members.

### **Other**

- a. A member who has reached the age of eighty years and who has been a member of the club for thirty years or more may apply to become a Life Member. Life Members are deemed to be full members of the club but they are not required to pay an annual subscription. Life Membership may also be granted to other members at the discretion of the Committee.
- b. A member who no longer walks or cycles but who wishes to remain on the membership list may be permitted to become an Associate Member and pay a reduced membership fee.
- c. New Members who submit their application on or before 30 June pay the full yearly subscription for the year in which they join. Those who apply for membership between 1 July and 31 October pay the full membership fee when submitting their application but they will not be required to pay the membership fee for the next year.
- d. Basic First Aid Kit items: antiseptic wipes, plasters, Compeed plasters for blisters, sterile dressing, crepe bandage, triangular bandage, two safety pins, latex gloves, scissors, tick remover.