

Bridgnorth and District u3a Short Walks Group

The following notes are guidelines (not rules) for participating in the Short Walks with Bridgnorth and District u3a. Most, if not all of these points, are obvious and are currently followed by group members.

When: Our walks are on the first, third and fifth Wednesday of each month, starting at 10.30

Cancellation: Bad weather may cause us to cancel a walk. This is done via email as soon as that decision is made, but it may be on the morning of the walk. It is up to members to check their emails before setting out to join the walk.

Where: All walks are local to Bridgnorth, but a short drive may be necessary. A programme of walks is distributed to all members of the group as soon as it has been drawn up. Details of individual walks are circulated to all members a few days before that walk.

Duration: Walks last up to two hours and cover about two miles (we are in no rush).

Accessibility: Our walks are planned around our participants and are on mostly level ground, perhaps with a slight slope. There may be stiles, fields with cattle or sheep, some major roads to cross and some minor roads to walk along for a short distance. Such potential hazards will be highlighted in the programme of walks and in the email before each walk, when we are aware of them.

Insurance: u3a has third party insurance to cover our activities. This will cover us if, for example, we damage a fence or another walker. It does not cover us against personal injury. If you require personal injury insurance, then you will need to arrange this yourself.

Administration: The group administrator (Trevor Padget) keeps a record of all group members and produces a check-list of all those who confirm their intention to join each walk. This list includes name, address, mobile number and emergency contacts. Members should

ensure that if such details are changed the membership secretary of the u3a is informed.

Car sharing: Some walk starting points have very limited parking and we ask members to car share. This is also good for the environment and can save on parking costs when there is a parking charge e.g. at Comer Woods. If a member requests or offers a lift, I will assume that they are willing for me to share their contact details with other members of the group.

Fuel cost sharing: When car sharing it is expected that passengers will contribute to the costs of travel. The current approved scheme suggests 45pence per mile, plus any parking charges, shared between all passengers in the car, including the driver. This is for passengers to offer and the driver to accept; u3a does not enforce this payment.

Back markers: We would like a volunteer on each walk to be back marker. Ideally this would be someone different each walk and may change during a walk

Safety: All our walkers are sensible adults and will behave as such. Participants should ensure they have suitable equipment for the walk. This usually includes appropriate footwear, a waterproof, suitable protection for hot and cold conditions, water and any walking poles/sticks. No walkers should walk in front of the leader, unless requested to do so; no walkers should walk behind the back marker, but may, in both instances, walk with them. If the line becomes too extended, those at the front should wait. When crossing any road, walkers should cross in small groups where oncoming traffic is clearly visible. On a main road the group will not move on until everyone has crossed safely. Please note there are usually at least two first aid packs being carried. If any member finds some aspect of the walk not to their satisfaction, they should raise the matter with the walk leaders.