

WALKERS ARE WELCOME TOWNS NETWORK

Towns and villages with something special to offer walkers



Fact Sheet: Walk Leader Planning

There should be two trained leaders, one at the front and one at the back. First aid training is also considered essential.

Planning

Theme: Research, seek local help/expertise

When: Weather, season, daylight hours, other events, school/public holidays

Who: For, suitability subject, type

Start: Parking, public transport access

Route: Terrain, grade, gradient, length, timing, family-friendly

Obstacles & hazards:

Hazards, crops, ploughed, stiles, traffic, animals, water,

mud, ground, hills, temperature

Nearest doctor, hospital (A&E minor injuries)

Permissible path, Open Access, PROW

R&R: toilets, lunch, drink stops, shelter, shade

Pre-walk

Take secateurs, stick, bags, notebook, camera, map, compass, watch

Start point:

Parking, toilets, shelter, bus/train times

Along the route (Risk Assessment):

Obstacles, stiles, gates, water crossings, traffic, hostile locals/animals, all hazards.

Deal with what you can or advise as necessary

Check rest stops, shelter or shade, lunch timing, overall duration of walk.

Consider alternative/escape routes.

Mobile phone dead areas, BT phone boxes.

Lunch:

Check pub suitability, phone number, opening/food hours.

Does pub need numbers and/or to pre-order food, advise ETA.

OR find a picnic spot (lunch for non-pubbers).

Check: Again any problems & nearer the date if a long gap

Decide max number, organise additional leaders or just back marker

Are you competent to lead this walk? Insurance in place, forms completed, build in additional stops for flexibility

Publicise:

Include requirements for walk, clothing, packed lunch, waterproofs, footwear Advise difficulty, gradients, theme, timings, public transport, parking

Take bookings including contact in case of cancellation, consider requesting health details

On the day

Check weather, first aid kit, fully charged mobile phone/s with useful 'phone numbers, reflective jackets, whistles, compass, map, notes as required, forms & personal requirements

At the start

Introductions, discreetly check their clothing and shoes/boots.

Describe the walk: Theme, distance, lunch/drinks/comfort stops, estimated time of return bus or train info.

Safety: Describe any obstacles and hazards found on the pre-walk. Explain the road walking code, any rules, leaders front and back.

Tell them: We carry first aid, and a phone (if true). As leaders we take all reasonable care, but you are responsible for your own safety.

Check your cars are locked.

Invite questions: (and answer them)

Particular concerns? Have a quiet word.

Head count: Check list, leaders agree numbers, note time

Lunch: If need be, advise pub numbers/ETA

On the way

Regroup regularly, interpret informally, pace suitable for participants

End on time, count heads, collect comments

Casualty? What to do

1. Assess injury, apply ABC if needed
2. Are emergency services required?
3. Fix your position by grid reference, call 112 or 999, await help
4. If not, get the casualty to a safe place
5. Consider the rest of the walkers and break the group if necessary
6. Make notes for your accident report.

After

Write a report or comments on form as devised by your group

Learn from the experience

While the WAWTN has made every effort to ensure the information obtained in this fact sheet is an accurate summary of the subject as at the date of publication, it is unable to accept liability for any misinterpretation of the law or any other error or omission in the advice in this paper.

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