

Craven Mountaineering Club (CMC)

Guidance Notes for Walk Coordinator and Group Members.

Please note that the term 'Walk Coordinator' does not imply that this person has any formal training in leading walks, mountain craft or first aid. In fact most of the CMC Walk Coordinators do not have any such training.

The CMC is a self led group and each individual walker is responsible for their own safety and welfare. Each participant should carry their own map, and be able to return, under their own steam, if the walk is beyond their capabilities, unless in the case of accident/injury where all efforts will be made to assist.

All walkers must be members of the CMC or Prospective members and should be aware that they walk at their own risk. If anyone comes along for the day as a guest of a member they must be **clearly** made aware of the above points.

Dogs are not allowed on walks unless stated.

It is highly recommended that all walkers have an emergency contact number on their person ideally on a card in the top of their rucksack.

Good Practice – Coordinator

- Identify a route and terrain that you would be comfortable with, for your current experience and knowledge.
- Aim to start where there is adequate parking.
- Check the mileage and ascent.
- Develop a plan B in case weather conditions are very poor on the day.
- Identify any potential hazards eg streams etc which may be difficult to cross and have an escape route on your map.
- Register your mobile phone with www.emergencysms.org.uk and make sure it's charged.

On the day:

- Get the latest weather forecast.
- Remember your map/compass/mobile.
- Carry your own basic first aid kit, survival bag and whistle. A torch is a good idea.
- Describe the route briefly and any potential hazards ask members if they have any questions.
- Ask everyone to ensure that their emergency contact details are available on their person. (best practice suggested on a card in the top of their rucksack)
- Make sure any guests of members are aware that they walk at their own risk and if relevant you have no formal training as a walk coordinator.