

# CRAVEN MOUNTAINEERING CLUB

## Guidance Notes for Walk Coordinators 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. In the case of accident/injury all efforts will be made to assist.

All walkers must be either:

- A. Members of the CMC
- B. Prospective members
- C. Guest of a full member – please refer to the [CMC Guests and Liability Insurance policy](#)

**All attendees should be aware that guests are not covered by the BMC liability insurance unless they are a BMC member through another source, i.e. a member of another club or an individual BMC member.**

Dogs are not allowed on walks unless stated. Please refer to [CMC Dogs on Meets policy](#).

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 – Walk Coordinator**

Planning:

- 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 (e.g. streams, bridges, walls) which may be difficult to cross and have an escape route on your map;
- Register your mobile phone with [www.emergencysms.org.uk](http://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 and ask if there are 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 all guests are aware that they walk at their own risk and that you have no formal training as a walk coordinator;
- Make sure members and guests are aware of BMC liability guidelines [www.thebmc.co.uk/bmc-club-guidelines](http://www.thebmc.co.uk/bmc-club-guidelines).

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