

Wick Wanderers - Information for Walkers

The role of leaders:

As a group of friends who enjoy walking together, we will always do our best to ensure that everyone who takes part in walks will be ok, but it is important to remember that when we participate in walks, we do so at our own risk. It is also worthwhile pointing out that members of Wick Wanderers who offer to lead walks are not trained as leaders, we do not normally have a qualified first aider with us, or carry a fully equipped first aid kit.

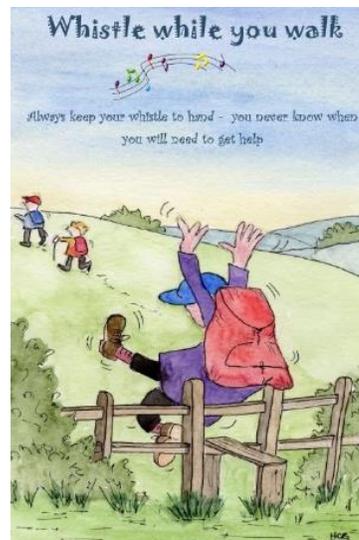
The important message is that walk leaders should not be expected to take responsibility for accidents or injury to those taking part, and that we are all responsible for our own safety, and collective safety of the group on the day.

Please remember that leaders will try to estimate the duration of walks, but this can change and vary considerably on the day, due to walking conditions and weather, unexpected changes to the planned route, and length of stops for coffee and lunch.

Wick Wanderers Safety Summary:

When walking there are always risks and hazards to consider such as the weather, animals, stiles, and roads, amongst many others. To minimise the risk of injury, we have added a few points below regarding safety, but please refer to information about safety for walkers on the Ramblers website. This website is a very good, and covers all aspects of safety for walkers. www.ramblers.org.uk

1. **Wear clothing and footwear that is appropriate for the length of walk, terrain and weather conditions**
2. **Have sufficient water and food for the length of the walk**



3. **Carry a whistle (these will now be provided by Wick Wanderers) and the relevant map. A compass is also strongly advised**
4. **If you feel unwell, need to rest, or leave the walk, please let the walk leader know immediately**