



Walk East Norfolk

Walking for fun and fitness

Health and Safety Policy

1. Walk East Norfolk is committed to ensuring, within reason, the safety and well-being of its members whilst participating in its programme of walks.
2. The organisation accepts no responsibility for the safety and well-being of its members whilst travelling to and from a walk and at a location having completed the walk.
3. In registering for membership of Walk East Norfolk newcomers are requested to reveal any health issues which may affect their ability to complete a walk. The Committee reserves the right to refuse any person, whose health issues are a serious cause for concern, until that person has sought guidance from a medical professional.
4. Walks are clearly graded according to distance and level of challenge. It is the responsibility of the participant to opt for those walks they are confident is within their capability. Reference should be made to the the Walks Programme and the Risk Assessment document which will set out the risks involved.
5. Members are encouraged to carry *'In Case of Emergency (I.C.E.)'* cards.
6. Members are expected to act in a manner that is conducive to their own safety and well-being and to that of other persons.
7. All walks are planned to keep to public footpaths, footways and permissive routes.
8. All routes will be subject to seasonal risk assessments which will take note of such things as ground conditions, possible trip hazards, obstructions, vegetation and ground works.
9. Prior to commencing a walk participants will be given an update on aspects of health and safety pertaining to that walk. If relevant, reminders relating to additional precautionary measures, e.g. bottles of water in hot conditions, may be given.
10. In the event of bad weather the Walk Leaders retain the right to cancel a walk if conditions are deemed unsafe, e.g. snow, ice, high winds or high tides in relation to flooding.
11. No walk will assemble at a location where simply, the number of participants creates a danger to individuals e.g. a roadside without a footway.
12. Walks will be 'staffed' by at least two volunteers - a leader and a back marker. However, when possible, mid-markers will also be utilised.

13. Official leaders and volunteers will always wear high-visibility vests. Extra vests will be loaned to other walkers if the nature of the route and number of participants justifies such a move. It is anticipated, whenever possible, for a ratio of one high-visibility vest to eight walkers.
14. First Aid kits will be carried on all walks.
15. When walking on highways without footways walkers may be asked, as per the Highway Code, to walk in single file and on the right so as to face oncoming traffic. The Walk Leader wearing the high-visibility vest will walk at the front. Occasionally, when it may be safer to walk on the left e.g. blind bends, the back marker wearing the high-visibility vest will walk at the very back. At all times it is intended the group should be as visible as possible to all approaching traffic.
16. Whilst a walk is underway the fastest walkers will be advised to retain the company of the official Walk Leader. The slowest walkers will retain the company of the back marker.
17. Cafes and Public Houses are frequently visited immediately after the walks. Although pleasant 'after walk' social occasions enjoyed by most participants, they are not official parts of the Walk East Norfolk scheme and remain informal arrangements between friends.
18. In the unlikely event of an accident, should one occur the details will be recorded in an accident book which will be retained by the Walks Co-ordinator.