



Walk leader's checklist. revised June 2017

Before the walk

- Walk leaders should be a member of the Ramblers.
- Recce the walk assessing risks (eg. road crossings, steep hills) and noting stopping places for coffee and lunch, toilet stops and distance to be walked.
- Please report broken stiles and objects blocking paths to our footpaths secretary giving a grid reference and a description of the hazard.
- Sort out instructions for finding the start point, and email to Janet on sbrwalker@gmail.com a few days before the walk. Janet will forward them to members. Please include your mobile number.
- First aid kits are carried by members of the committee.
- Be prepared to answer questions from potential walkers.

On the day of the walk

- Be at Kings Norton playing fields in plenty of time with instructions of how to get to start point.
- Ensure that there is someone at Kings Norton playing fields until 9:30am but encourage people with full cars to set off to the start point.
- At start point pass round the attendance sheet.
- Introduce yourself and appoint a backmarker, and a middle-marker too if necessary.
- Introduce newcomers to the rest of the group who will give them any help they need. Do check that they are appropriately dressed and have sufficient food and drink for your walk.
- Give a brief description of the walk including length of walk and places where care should be taken. Remind walkers that they should be checking that the people behind them are keeping up. Advise walkers to keep to the right when walking on a road.
- Count the party, and inform the backmarker. Give the backmarker your mobile phone number so that contact can be maintained. This can be done on the attendance sheet.
- Set a reasonable pace for the walk and frequently check that you can see the backmarker.
- Allow sufficient stops for drinks - extra stops may be needed in hot weather.
- Be alert to problems. Any walker who is finding the walk difficult should be encouraged to walk in the middle of the group.
- Check everyone has returned at the end of the walk.

After the walk

- Return the register to any member of the committee.
- Report any incidents/accidents to Liz (624 2533) who will help you fill in an accident/incident form if necessary.

Thank you for leading a walk for our group, the **South Birmingham Ramblers**.