



Ballyvaughan Fanore Walking Club

Guidelines for Walk Leaders

Before the Walk:

- 1) Define the walk; start, finish, time taken/length, meeting point, terrain, transport (if required), any unusual or special features (e.g. scrambling, ridges, etc.). Communicate this to the Club P.R.O. for the Walks' Calendar.
- 2) Familiarise yourself with the route on the ground and on your map.
- 3) Consider transport (if linear walk) required for the walk; bus, cars - if possible, leave cars at finish.
- 4) Obtain "Club Tub" from previous week's walk leader; ensure tub contains - Walks' Book, First Aid Kit, Minimum Three High-viz Jackets, Shelter Tent (if required).
- 5) ***The day before the walk check the weather.*** If a weather alert is forecast for the area of the walk, liaise with the committee.

On the Day:

- 1) Keep your phone on.
- 2) Be at meeting point in plenty of time.
- 3) Sign in walkers as they arrive.
- 4) Appoint First Aider and Sweeper
- 5) When walk group assembled, explain walk to those present - length, terrain, etc.
- 6) During walk, check regularly with Sweeper and First Aider; ensure walkers stay between leader and sweeper; pace the walk to meet the needs of the group where necessary; be aware of what's happening around you and adjust walk as required.
- 7) If accident occurs, follow accepted practice in conjunction with First Aider.

After the Walk:

- 1) Collect Walks' Book, First Aid Kit, High-viz Jackets, Shelter Tent, etc. and return to Club Tub.
- 2) Arrange to pass on Tub to the Leader for the next club walk.
- 3) Arrange for any money received in respect of the walk to be passed on to Club Treasurer or Assistant Treasurer.
- 4) Fill out accident report, if required.

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Note: These are guidelines only and must be regarded as such. Further advice on leading walks is available on Mountaineering Ireland website and from other organisations which participate in group walking.