

Notes of Meeting of Walks Leaders at Trinity Hall 26th September 2011

Grading system is working well and maybe we should just use them instead of descriptions in the Diary.

Medical Emergencies – we are not trained 1st Aiders – dial 999 and ask for police/mountain rescue. Do not ask for ambulance because they do not recognise Map References only Post Codes.

Recommended contents of 1st Aid Kit for leaders to be put on Web Site together with Walk Leaders Guidance. Walk Leaders to supply 1st Aid Kit and claim from U3A for cost of anything used. (Anyone struggling to purchase a 1st Aid Kit should be able to get a grant from U3A)

It was stressed that it is every individual's primary responsibility to look after themselves and that the complications of Walk Leaders collecting names and emergency numbers did not merit doing it. Recommended that in case of emergency every walker carries a card with name, emergency contact number, medicines etc. or enters the details in their phone under ICE (in case of emergency.)

Recommended that the diary should print a disclaimer every month re. the above and that U3A supply a disclaimer for Leaders to state at the beginning of every walk. (Apparently HF do this.)

Walk Leaders should, where possible, carry a mobile phone.

Meeting Points are usually the 3 regulars – Barton Road, Bull Beck or Tesco. If using Tesco, cars are left at Traveller's Choice rear car park and should have a card in the windscreen stating that it is a U3A Walk car. If using any other start point please supply grid reference.

Walk Leaders should ask people not to partake in the walk if they are beneath the required capability level.

Interest in Ireland trip and some may not want to walk much. Would that be OK? Is it possible to co-ordinate holidays with the local HF group to avoid clashes?

Does Dorothy need a Sub-Committee to help with Walks Co-ordinators job?

Maybe post latest news of walks on Website eg *Walk Tomorrow cancelled because of weather.*

Easy Walk Group Notes.

Notes from this meeting to be put up on Web Site and sent to those who do not have e-mail.

Could we occasionally do a walk of about 3 miles? (offers to lead this were forthcoming.)

Leaders always need to turn up even if it is to cancel on grounds of weather or have a Plan B.

People who do not have transport to the start should ring the Walk Leader who may be able to fix up a lift.

Suggested holiday destination – Isle of Man.

Have a notice board area for Walkers on Website.

Numbers for easier walks not as high this year, maybe because of weather.

Hard/intermediate session minutes

- When a Hard walk is listed at the same day as an Intermediate walk, the best walkers go on the Hard walk and the Intermediate walk needs to be graded according to that lower standard
- Discussion about the overlap between Hard and Intermediate walks with no firm conclusions
- Discussion about the pace of walks this is a nightmare to monitor but someone should be chosen as a backstop at the start of the walk, maybe someone who does not walk as quickly as others!!
- Walk descriptions should specifically mention if there is anything out of the ordinary on that walk such as a large no of stiles, very steep or rocky ascents/descents. Also mention of an ascent of 1500 feet does not cover if this is spread over a long distance or a hard immediate slog, felt if knew where walk was located that could research beforehand or speak to the walk leader prior so that one could make decision if capable of that walk. The grading system felt to be much better
- Need a Plan B if weather is poor, need to make decision in the morning if for example cloud down to 1500 feet then make decision as to whether still fit to carry on or switch to something more appropriate
- Bad weather and walk cancellation, suggestion that if a notice board on the website that an entry could be put on this, felt unfair to do as Dorothy has to try and ring everyone, the onus should always be on the individual person to find out by speaking to the walk leader.
- Huge discussion about 1st aid kits, very wide opinion but agreement that the walk leader should carry one, needs to be guidance as to what this should contain e.g. should survival tent be included: Quite strong feeling that people should be carrying their own anyway!!
- Feeling the start time should not be set in stone, a hard fell walk should probably start at 8.30 anyway, the start time should reflect the length and difficulty of the walk and also the time of year.

Alan Sattenstall

25/9/2011

No immediate interest in Welsh Holiday.

FOOT NOTE

Does the following meet the need of the suggestion in Para 5?

Walk organisers are not qualified guides and everyone joins them at their own risk. The party is walking as a group of non-qualified individuals and the organiser, as

someone who knows the route, is a nominal leader only.
Everyone owes a duty of care to each other. In the event of an accident organisers will act in a way they deem safest to offer assistance to any injured parties whilst appreciating the assistance of any experienced members of the party.

The party will walk at the speed of the slowest in the party.
Those at the head of the party should keep the main party in sight and anyone wishing to go ahead more quickly is asked to announce this to the organiser thus relinquishing their position in the party.
Nobody should hesitate to ask if they would like a rest at any point.

Please let me know if you want to add your name to the proposed Map Reading Course or the Holiday to Ireland. In addition let me know if you are interested in the First Aid Course offered by David Holmes/

Dorothy Swarbrick

Names for map reading course.

Liz Leach
Val Thomson
David Ralphs
Margaret Tyson
Vicky and Robert Partington
Derrick Machereth
David & Mavis Holmes
Gea and Richard Champness
Pam Heynes
Mike Codd (willing to help with training.)
Christine Athinson
Pat Ormesby
Marianne Hutchence
Rosemary Wickenden
Roy Peck
Hugh and Margaret Kennon (willing to help with training.)

Names for interest in Ireland Trip

V. Thomson
Pat Ormesby
J. Dillon