

## **TTC SAFETY GUIDELINES FOR WALKERS**

- Look at the trip sheet or website and choose a walk which is suitable for your ability; contact the leader if you need further information about your intended walk.
- Let the leader know that you are coming and be on time.
- Let the leader know if you have any medical condition that may affect your walking.
- If you have any symptoms of Covid-19 do not participate in any organized walk.
- Dress for the weather and bring a spare layer, waterproofs if required and wear appropriate footwear.
- Bring a snack, a drink, your membership card with an emergency contact number on the back.
- Bring a fully charged mobile phone ensuring you have the leader's and back marker's number saved in you contacts.
- Pay attention to any risk assessment outlined by the leader.
- Stay behind the leader and follow his/her instructions.
- Mark corners to avoid walkers getting lost.
- Let the leader or back marker know if you need to stop, need a rest, or you are leaving the walk.
- Alert others of any potholes, hazards or rough ground on route.
- Be considerate to other walkers and path users.
- Dogs must be kept under control and be on a lead near livestock.
- Give others moral support when needed and be aware of their needs during the walk.
- All walkers are responsible for their own wellbeing making sure they carry money with them in case of emergency or if urgent transport is needed.
- Walk responsibly and follow the Highway and Countryside Code.