

TTC SAFETY GUIDELINES

All members should familiarise themselves with these safety guidelines and they should abide by them when out on a TTC walk or cycle for their own safety and that of their fellow members.

- Members should ensure that all necessary equipment, such as bicycle or walking boots, are in good operational condition.
- Members should carry with them any personal medication that they need.
- Members should be aware of other members' needs when in distress and, where possible, provide help.
- Members should warn others of any hazards, eg obstructions, rough ground or potholes, that are encountered during a walk or a cycle ride and should pay attention to any risk assessment outlined by the trip leader as result of previous recycling
- Members should familiarise themselves with, and abide by, the requirements of the Highway Code and the Country Code. <http://www.naturalengland.org.uk/ourwork/enjoying/countrysidecode/>
- There should always be a back-marker to ensure that the group keeps together. The back marker should be aware of the proposed route and should be able to communicate electronically with the leader.
- The trip leader should carry a TTC first aid kit and a list of participating members.
- Children under 16 years old must be accompanied on all trips by an adult who is either their parent or a family member. This adult will be responsible for their child, including their behaviour and well-being, at all times. This adult must be a fully paid up member of the TTC.

Walkers

- Walkers should wear suitable footwear and carry weatherproof clothing.
- When walking on roads, the trip leader and the back marker should wear high visibility jackets.
- It is advisable for the trip leader to carry a pair of secateurs to clear pathways as appropriate.

Cyclists

- Cyclists should wear suitable footwear and bright, reflective clothing, and wearing a crash helmet, is strongly advised.
- Cyclists should ensure that their bike is fitted with a working bell and with working lights when appropriate,
- Cyclists should not ride more than two abreast.
- When on roads, cyclists should ride in single file with a suitable space between riders where it would otherwise be dangerous for vehicles to pass.
- Cyclists should not obstruct junctions and, where possible, move off a road when stopping, for example to check directions or to rest.
- Cyclists should give way to walkers and horse riders.
- Cyclists should carry their own spare equipment.