

POLEGATE RAMBLING CLUB RULES



Members must take note of the following, which is on the Club's website:

"ALL SPORTING AND LEISURE ACTIVITIES have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being of paramount concern, accidents will occasionally occur. It is important, therefore, that when entering into the activity each member appreciates that he or she has a responsibility to identify the hazards associated with the activity and take all reasonable steps to eliminate or minimise the potential for an accident to arise."

In the event of an accident/incident the leader will be asked to complete an accident/incident report form with input from those involved and names of witnesses, this will be kept for 3 years in accordance with GDPR.

LEADERS

1. The leader is in charge their instructions must be followed.
2. Be respectful of the leader's directives and avoid taking any action that would undermine or detract from the leader's authority.
3. Do not walk in front of the leader.
4. The group should try to keep together. Let the leader know if you are struggling so that the pace can be adjusted accordingly.
5. You must not leave the group without informing the leader. You will then not be the responsibility of the Club.
6. If you feel unwell, tell the leader or back marker.

COURTESY

1. Follow the Countryside Code at all times.
2. Along roads and crop fields, please walk in single file behind the leader.
3. If using poles, please be aware that they could present a hazard to other walkers.
4. The Club encourages car sharing. It would be appreciated therefore if drivers would go to the car park at the Wannock Road recreation ground and be willing to take passengers to the start of the walk. The suggested voluntary payment (SVP) towards petrol is always printed in the programme.
5. Passengers should not get in cars wearing dirty boots or shoes. It is recommended that you take a spare pair of shoes to change into or have a bag or similar to put over dirty boots and shoes.
6. Please only book onto a walk if your walking ability and/or fitness level is appropriate. If it is clear that you are not managing, you may be advised to consider other options.

GENERAL

1. Members should be dressed for the conditions and wear appropriate footwear.
2. Members are recommended to wear stout boots or shoes. Sandals are usually considered unsuitable as most of our walks are over uneven, rough ground which may be wet and muddy and could be slippery.
3. Members should carry sufficient food and drink.
4. For rambles using buses please check the timetable and bring your bus pass.
5. Subscriptions shall be due on 1st June and paid by not later than 30th June each year. There is no reduction for anyone joining part way through a year.

6. Dogs are not allowed on rambles, except assistance dogs which must be on a lead, and at the leader's discretion.
7. Domestic animals present a risk. Follow the leader's instructions and walk in a group quietly past the animals.
8. We welcome young people but under 16s must be accompanied by a parent or carer, and only booked onto a walk suitable for their ability.
9. We welcome potential members. They are covered by PRC insurance for 2 taster walks.

Take only photographs, leave only footprints, and ENJOY YOUR RAMBLE!

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