

Wakefield Walking Club

Guidance to Members

This note sets out a range of good practice and procedures to be followed on Club walks.

Walking with the Club: Choosing a Suitable Level of Walk

Walks to suit different levels of ability are regularly offered by the Club. They have evolved to meet the wishes and differing abilities of club members. Saturday walks are graded 'A', 'B+', 'B' or 'C'. On Wednesdays the club also offers a choice of walks of different grades. Additionally, the Club offers a programme of 5-mile summer evening walks between May and August.

The criteria distinguishing walks are distance and pace/speed. No actual walking speeds are set down as this will be affected by the terrain etc. "A" walks are generally conducted at a brisk pace and cover the greatest distances. B walks follow a moderate pace and aim to cover 10 miles. The pace and distance of B+ walks lie between A and B walks. C walks are more leisurely and cover less distance than the other grades.

Whilst Members are able to choose which group(s) to walk with, it would be wrong to walk regularly above one's level of ability. This will be frustrating for others. For this reason members should choose a group suited to their abilities. Individuals cannot expect a group to reduce their pace and distance to suit them:

Equally, where stronger walkers walk with a group whose normal pace is slower than that which they would prefer; they should follow the normal pace of those groups.

General Rules: Club rules and conventions apply equally to all levels and should be observed by all.

Firstly, the walks-leader is the key person on all walks. They are experienced walkers responsible for the enjoyment and well-being of Club Members on a particular walk. All walkers should heed their advice particularly as regards the pace of the group.

If members have any doubts about a particular walk, they should consult the walk leader beforehand.

It is not acceptable for other members to try to usurp the position of a walks leader, for example, when a leader feels it is necessary to adjust a walk in poor weather for the safety of the group or where it is advisable to instruct the group to walk in single file on a particular side of a road.

Dogs are not permitted on Club Walks.

Members should aim to arrive at the starting points ready to depart at the advertised time. If they are delayed they should try to contact the leader by mobile phone.

Members should always keep in visual contact with the group. If a person is struggling or needs to take a comfort break he/she is responsible for letting others know. Normally a leader will appoint a back-marker to facilitate this.

If your leader requests you not to get ahead please respect their wishes. Where a member walks well ahead of the group and takes a wrong turn, then they will be deemed to have left the walk.

Leaders will identify appropriate locations for lunch and drinks stops and the time to be allocated. As a general rule there should be an opportunity to take a short break every 2 hours.