

## WAKEFIELD WALKING 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 cover around 8 miles. There is also a 5 mile walk every Wednesday that takes between 2 and 2.5 hours.

Whilst Members are able to choose with which group(s) they walk, 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.

### WALKS CATEGORIES

<b>A</b>	Over 12 miles
<b>B+</b>	12 miles
<b>B</b>	10 miles
<b>C</b>	8 miles

Whilst each group has an agreed distance for their walks, it is accepted that some tolerance is necessary for practical reasons in planning walks, and that a figure of +/- 10% is fair. For example, a 10 mile B walk could be 9 or 11 miles depending on the circumstances

### WALK GRADES

Grading walks is very difficult because everyone's perception of what is an easy or hard walk is always going to be different. Some people just look at the mileage, but the terrain and speed of the walk are also very important. To help you decide on your capabilities the Walks Co-ordinators will attempt to grade the walk using all three criteria. It is possible that the leader has not walked the route prior to publication of the walk schedule. Where there are no details, please contact the leader. Exact and updated details of the walks are sent via email to members weekly with the leaders' names and phone numbers.

**Grade S** (Strenuous) A challenging walk compared to others of that length within the programme  
**Grade H** (Hard) A taxing walk compared to others of that length within the programme  
**Grade M** (Moderate) A moderated walk compared to others of that length within the programme  
**Grade E** (Easy) An easy walk compared to others of that length within the programme

## **WHAT IS EXPECTED OF YOU AS A MEMBER OF THE CLUB**

Anyone can try out a couple of walks before committing to joining the Club and paying their £5 annual subscription.

The Club year starts on 1<sup>st</sup> February when the **Subscription of £5.00 per year is payable**; this should be paid by the time of the AGM in March. Nobody is entitled to vote at the A.G.M. if their subscription has not been paid, nor will they receive Club information.

The subscription should ideally be paid straight into the Club bank account:  
Sort code: 08-92-99  
Account Number: 65530146

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

The **walk-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 walk leader, for example, when a leader feels it is necessary to adjust a walk due to 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.

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.

In case of bad weather, check with the leader that the walk will take place. In many cases, a local walk will be substituted. **ALWAYS** carry food, a flask/fluids, a warm sweater, good waterproofs and a torch in winter. It is also advisable to have a note of your details (name, address and contact numbers in case of emergency) with you. It is useful to have your emergency contact details in your mobile phone if you have one, in your address book under ICE (In Case of Emergency); these numbers can usually be accessed without any phone password being used.

**Suitable footwear SHOULD be worn on all walks.**

#### **WHAT MEMBERS CAN EXPECT OF THE CLUB**

- A Walks Programme three times a year generally offering 3 walks each Saturday and two walks on Wednesdays, except where this is unavoidably cancelled due to extenuating circumstances such as very bad weather or lack of a leader etc.
- A Newsletter three times a year
- Occasional other outings eg. Coach trips

#### **USING THE PROGRAMME OF WALKS**

**THE LEADER OF EACH WALK CHECK THE DETAILS OF THEIR WALK FOR ACCURACY.** If any errors have occurred contact Clare Macdonald, Kathy Norton or Elaine Watts as soon as possible with the correct information. Any changes will be e-mailed as soon as possible.

An e-mail facility is available to send out changes to walks (for those on e-mail) the address is: [kathy@wakefieldwalkingclub.org.uk](mailto:kathy@wakefieldwalkingclub.org.uk) for those not on e-mail ring Kathy on 0113 2956596.

**RING THE WALK LEADER(S) TO INFORM THEM OF YOUR INTENTION TO WALK, SO THAT THEY CAN EXPECT YOU. IT IS ALSO USEFUL TO CHECK ANY LAST MINUTES CHANGES.**

Please arrange lifts in advance. We have members without transport, but car owners are often happy to accommodate them to the walk starting points. A contribution of around 9p per mile towards petrol is expected.

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.

We also ask that all members are respectful; abusive language and aggressive behaviour will not be tolerated by the Club.

**Regretfully, we request that dogs are not taken on walks.**

**The Club officials or leader cannot be held responsible for the safety of individual walkers on all walks organised by the group.**