

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 June 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.

WALKS CATEGORIES

A	Over 12 miles
B+	12 miles
B	10 miles
C	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.

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

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

The Club Subscription is £5.00 per year and should be paid at the AGM in March or as soon after as possible.

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.

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, 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. **Boots SHOULD be worn on all the longer walks.**

USING THE PROGRAMME OF WALKS

COULD THE LEADER OF EACH WALK CHECK THE DETAILS OF THEIR WALK FOR ACCURACY. If any errors have occurred could you please contact Clare Macdonald 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 for those not on e-mail ring Kathy on 0113 2956596.

RING LEADERS FOR STARTING POINT AND TO CHECK THAT THE WALK IS TAKING PLACE.

Please arrange lifts in advance. We have members without transport, but car owners are happy to accommodate them to walk starting points. A contribution 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.

LEADERS MOBILE PHONE NUMBERS SHOULD ONLY BE USED ON THE DAY OF THE WALK.

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.