

HEALTH & SAFETY ON CEDu3a CAPITAL RING WALKS

- Walks will be listed and described on the web-site and need to be booked in advance.
- All walks will have been thoroughly planned and a risk assessment will have been completed by the walk leaders.
- If you have any questions or are unsure about any aspect of the walk, then please contact the convener before booking.
- Group walks will be limited to the number of participants specified in the risk assessment
- When you apply you will be allocated a provisional place on the walk and will be sent a copy of the risk assessment.
- All members taking part on the walk must confirm they have read the risk assessment and have signed Part 2.
- Please note that unless you have signed part 2 you will not be allowed to join the group on the walk.
- If your circumstances change and you can't join the walk, let the convener know as soon as possible so your place can be re-allocated.
- On the day of the walk, if you have any COVID-19 symptoms you must not attend.
- Wear suitable clothing and footwear for the conditions – if in doubt, ask the walk leader.
- Bring your own food and plenty of water.
- The walk leader will give advice on the best way to travel to and from the walk.
- It is a condition of taking part in a CEDu3a walk that all members wear a face covering when on public transport (unless of course they have a valid health exemption).
- If you are unable to comply with this requirement then please do not request a place on a walk.
- Listen to the walk leader's briefing at the beginning of the walk so you know what to do
- The walk leader will keep a register of attendance including contact details to support
- Let the walk leader or backmarker know if you are having problems, feel unwell, or need to slow down or stop.

GENERAL

- Individual group members are responsible for their own safety and health while on a walk
- It is up to each individual to follow the walk leader's instructions carefully and to know their own capabilities and limitations.
- As part of the risk assessment process each individual needs to assess his/her health prior to each walk and decide whether they are fit to take part
- Walks organised by U3A groups automatically have public liability insurance cover, provided the walkers are U3A members.
- However, this is not a personal accident insurance and all members must be aware they walk at their own risk.

ILL HEALTH/CARE

- The walk leader will carry the name of an emergency contact and a telephone number for each group member.
- Members should also carry with them a contact name and telephone number which could be used should the need arise.
- Should any member have an underlying health problem or medical condition that may affect them during a walk then he/she needs to speak to his/her doctor and discuss how best to manage this should symptoms occur while on a walk.
- This information to be shared in confidence with the walks leader so there is a care plan in place should a problem arise
- If the health issue means that medication may be required then the member should ensure that the medication is brought with them and that either the walk leader or a trusted companion knows what to do in the event of any problem.
- If a member becomes ill on a walk and the symptoms cease after a short period of time, the member in consultation with the walk leader should decide whether to continue or not.
- If the member decides not to continue then he/she will be accompanied by another member to the nearest public transport (providing this is safe and feasible) and then home.
- If the member becomes ill in an environment where it is difficult or impossible to get the walker home or to a safe place, or symptoms persist, then the leader is to ring emergency services and follow their advice.

INJURY/FIRST AID

- The U3A walk leader will always carry a basic first aid kit but they may not have specific medical training.
- U3A walking groups are not required to have trained first aiders and the insurance advice is to contact the emergency services immediately in the event of a serious incident, even if there happens to be a member present who has attended a first aid course.
- In the event of an accident or a U3A member being taken seriously ill, regardless of whether there is a member present with a current first aid qualification, you are advised to contact the emergency services immediately (999/112).
- You must state the location where you are, including: the address and postcode, or the map reference, or use the 'what3words' app.
- You should give your phone number or the phone number you are calling from and give as much information as you can in a clear and concise manner.

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