

Guidance for Walkers.

1. Walkers should follow the **Scottish Outdoor Access Code** or the **Countryside Code** when south of the border. *(Both can be viewed online and downloaded).*
2. The individual walker is responsible for his or her own safety and for that of young persons in his or her charge.
3. Walkers should help each other if required.
4. Walkers should respect the pace set by the Walk Leader i.e. STAY WITH THE GROUP. If a walker is unwell or finding it difficult to manage the set pace, he or she should let the Leader or Deputy know in order that appropriate action can be taken.
5. A walker who loses contact with the group due to going ahead of it will be deemed to have voluntarily left the walk. A walker should notify the Leader if he or she intends to leave the group.

Role of Walk Coordinator

1. To seek Walk Leaders. Normally 3x a year. In September, at the AGM, for November to February; in January, at the General Meeting, for March to June; and in May, by personal contact, for July to October.
2. To obtain Walk Details from the Walk Leader at least two weeks before the walk in order that it can be sent out immediately after the previous walk.
3. The Walk Coordinator will then prepare the Walk Details Notice from the information provided by the Walk Leader and email a copy to all members.
4. To send a digital copy of the Walk Details Notice to Annan Online for inclusion on its AWG page and on its Online Facebook page.
5. To give a printed copy of the Walk Details Notice to the Annandale Observer, Tesco and Isherwoods for public display.
6. For those members who do not have email :- hand deliver a copy of the Walk Details Notice to members living in Annan and post to members living outwith Annan.
7. To advise the Transport Coordinator at least two weeks before the walk date about the need for the mini-bus and the destination where it is to be used.

8. To keep Guidance for walkers and for Walk Leaders up to date.
9. To keep all relevant records of the walks as necessary, such as copies of Walk Details Notices, numbers on each walk and any photos taken by members authorised for distribution.

Guidance for Walk Leaders.

CHOOSING A WALK

1. A new walk is good **BUT** a repeat of an old walk is equally fine. Past walks have offered a great variety of destinations and terrain. Walks might typically be around 6 miles but having regard for the nature of the walking and giving members a choice both shorter and longer walks would also be good. We have had over 300 walks and the Walk Notices for many of them are "archived" on the AWG page of the Annan Online website. The Notices there are grouped geographically under the heading of "Past Walks". Whilst a Notice does not give a detailed description of the route it may provide inspiration for a reconnaissance or for a chat with the earlier Leader if still a member.

PRIOR TO THE WALK

1. Advise the Walk Coordinator of the planned destination and whether or not the mini-bus is needed as soon as possible and no later than two weeks before the walk date.
2. Send the Notice to the Walk Coordinator at least two weeks before the walk in order that it can be sent out immediately after the previous walk.
(NB If help is needed with the preparation of the Notice contact the Walk Coordinator as noted before.)

ON THE WALK

1. Notwithstanding that individual walkers are responsible for their own safety and that of young persons in their care, the Walk Leader should act responsibly in choosing, describing and leading a walk.
2. The Walk Leader should nominate a Deputy. In an emergency the Leader or Deputy can stay with the group while the other seeks help.
3. The Walk Leader and Deputy should know how many walkers are on the walk.

4. The Deputy should normally act as back marker and should, if possible, be familiar with the route.
5. Leader and Deputy should be able to communicate during the walk, e.g. by carrying a mobile phone and exchanging numbers before setting out.
6. Leader and Deputy should be aware of emergency service numbers (999 or 112). On contacting the emergency service ask for the police first. If necessary the police will contact the Mountain Rescue Service if that is appropriate. The Leader should be able to describe their location and ideally be able to give an Ordnance Survey Map Grid Reference.
7. The Walk Leader should set a comfortable pace and the Leader and Deputy should plan to ensure that the group does not become spread out and unable to keep in touch. A planned walk over harder ground or at different pace can be accommodated if the same principles are applied to each group as far as possible.
8. The Leader should not alter the planned route or increase the distance of the walk unless conditions on the day are such that it would be sensible to do so or it becomes essential. Any change of plan must take into account individual fatigue, medical conditions, hydration and calorie intake.
9. At least one break of 15 to 20 minutes rest should be taken and others at the Leaders discretion.
10. Leaders should normally carry a map, compass, mobile phone, whistle, torch and first aid kit. The latter to be held by the Walk Coordinator and made available to walk leaders.