

## STROLL BACK THE YEARS - STEP BY STEP ADVICE FOR WALKERS

Walk Leaders are encouraged to discuss with the Group potential hazards they may encounter on-route before starting the Walk

REF	RISK	MINIMISING RISK	FURTHER ACTION TO CONTAIN
<b>1</b>	<b>Traffic/ Railway Crossings</b>		
1.1		Always use pavement when available	
1.2		If not, walk in single file facing oncoming traffic	Warn walkers to use single file
1.3		Follow instructions given by the Walk Leaders	Walk Leader to wear High visibility Jacket
1.4		Choose a safe place to cross and do not hesitate	
1.5		Be aware of railway sleepers and rail lines	Advise walkers to be vigilant
1.6		Main line crossing, St Austell – STOP, LOOK, LISTEN	Ensure walkers comply with instructions
<b>2</b>	<b>Time of Year</b>		
2.1	Severe weather conditions	Leaders to consult about pursuing the walk	Cancel walk
2.2	Undergrowth and Vegetation	Warn walkers to be aware	Prune back
2.3	Mud	Appropriate footwear / stick. Instruct to pay attention	Assist walkers or re-route
2.4	Frost / Snow	Appropriate footwear / stick. Instruct to pay attention	Assist walkers or re-route
2.5	Pits and Puddles	Appropriate footwear / stick. Instruct to pay attention	Assist walkers or re-route
2.6		Warn walkers to be aware	Divert or back track
<b>3</b>	<b>Landscape Features</b>	Inform the Group at the beginning of the walk	
3.1	Gradients – especially coastal areas	Adjust pace to suit the gradient	Allow for rest at top to recover
3.2	Shallow stream crossing	Inform and assist	Give verbal and practical support
3.3	Stiles	Inform and assist	Consider alternative route
3.4	Field walking	Inform and assist	Give physical support
3.5	Barbed wire and brambles	Warn	Use walking poles to hold back or remove obstruction
3.6	Dark tunnel	Warn and assist	Consider alternative route

REF	RISK	MINIMISING RISK	FURTHER ACTION TO CONTAIN
<b>4</b>	<b>Urban Walking</b>		
4.1	Pavements – Uneven	Inform walkers to be observant and take care	Divert to safer walk way
	Pavements - Potholes	Inform walkers to be observant and take care	Divert to safer walk way
	Pavements – Trip hazards	Inform walkers to be observant and take care	Divert to safer walk way
	Pavements – slippery	Inform walkers to be observant and take care	Divert to safer walk way
	Ice/Snow/Leaves		
4.2	<b>Road Works</b>	Inform walker to follow instructions given by Walk Leaders	Follow official signs
4.3	<b>Overhanging Branches or Bushes</b>	Inform walkers and offer assistance	Advise walkers to be aware. Remove obstacle where possible or divert to another route
4.4	<b>Passing Pedestrians and Cyclists</b>	Inform walkers to be considerate and walk in single file	Regroup after the obstacle has been negotiated
4.5	<b>Dog Droppings</b>	Verbal warning	Remove from route
4.6	<b>Car Parks / Parking</b>	Remind walkers to look out for moving cars	Follow Walk Leader instructions to park
4.7	<b>Cyclists/Runners on walk ways</b>	Sound whistle or give verbal warning	Step aside for runners/cyclists to pass
4.8	<b>Bare tree roots</b>	Verbal warning and give assistance if needed	Alternative route
4.9	<b>Vehicular traffic</b>	Sound whistle or give verbal warning of approaching traffic	Stand still in single file until traffic has passed
<b>A Walk Leader has the authority to ask anyone who does not comply with instructions, or is disruptive, to leave the group.</b>			
		<b>If any Walk Leader becomes aware of any hazard that should be added to the list, please inform the Scheme Co-ordinator Ashley Cundy – 01726 61375</b>	

Revised October 2018