





## Welcome to the Ross and District Walking Group!

Now you are a member of our group we hope you enjoy our diversity of walks and social activities throughout the year. Most of what you need to know is on our website- [rosswalkinggroup.co.uk](http://rosswalkinggroup.co.uk) but if you haven't time to go online here are a few essential bits of information for you to read.



<p><b>Who's who...</b></p>  <p><u>Chairman</u> Jan Lelievre See contact link on website</p> <p><u>Membership Secretary/Treasurer</u> David Egan See contact link on website</p>	<p><b>Getting ready to walk...</b></p>  <p><b>Meet</b> at Wilton car park, we share cars from there <b>Please inform</b> leaders if you intend to go directly to the start of the walk, plans can change <b>Prepare for the weather</b> suitable boots, warm/cool clothing, waterproof, hat, gloves, sunhat, suncream etc <b>Carry food and drink</b> for coffee stop/lunch as advertised. Water is essential <b>Carry an essential medical kit</b> especially for allergies, diabetes and any other personal requirements <b>Pop in your bag</b> contact details of next of kin <b>Take your RTVD</b> (Rambles Transport Voluntary Donation) to be paid to the driver to help offset some of his/her petrol expense. Also you might need to make a contribution to car parking.</p> <p style="text-align: center;"><b>Walkers walk at their own risk – come prepared!</b></p>
<p><b>The grades of walks explained....</b></p> <p>Grade numbers refer to hazards which may be encountered on a walk such as mud, steep climbs, difficult stiles etc. NOT DISTANCE.</p> <p><b>Grade 1</b> - Leisurely walk of any length, generally flat, good paths with few gradients, no stiles/obstacles. Suitable for all members (<i>Leisurely</i>)</p> <p><b>Grade 2</b> - Walks for the reasonably fit person. Paths will be good but a few sections could be muddy, rough or overgrown. A few obstacles such as stiles and steps may be encountered. May have gentle ascents/descents. Suitable for most Members. (<i>Easy</i>)</p> <p><b>Grade 3</b> - Energetic walks suitable for the fit and agile. Likely to include unsurfaced rural paths, steep paths and open country, ascents and descents as well as obstacles. (<i>Moderate</i>)</p> <p><b>Grade 4</b> - Walks of any length for the experienced walker with above average level of fitness. May include some steep paths, hills and rough country. Could include significant obstacles as well as ascents and descents. (<i>Strenuous</i>)</p> <p><b>PLEASE refer to the grade and distance, if not suitable for you Don't Go. If in doubt ask the leader.</b></p> 	<p><b>On the walk.....</b></p> <ul style="list-style-type: none"> <li>-There will be two leaders and both should know the walk. One will act as 'back marker' to keep the group together etc.</li> <li>-Any instructions from the leaders must be respected.</li> <li>-Keep behind the walk leader (exception being steep banks) and in front of the 'back marker'.</li> <li>-Let the back marker know if you are stopping for any reason.</li> <li>-Public rights of way over fields have a maximum width of one metre - do remember this when walking across planted fields. Single file is preferred if possible.</li> <li>-When walking on any metalled road do not walk more than two abreast and walk on the right hand side of the road, when safe to do so.</li> <li>- There may not be a qualified first aider on the walk. Nor may there be a first aid kit unless you bring your own.</li> <li>-Be aware of the system of signalling with whistles. One blast means <b>STOP</b>, two blasts mean <b>GO TO THE WHISTLE SOURCE, THERE IS A PROBLEM.</b></li> <li>-In case of injury or incident, the injured person and the walk leaders/witness should complete and submit the accident form on the RWG website</li> </ul> 
<p><b>Leading a walk...</b></p> <p>The Group encourages everyone to try leading or co-leading a walk, with experienced members very willing to assist or advise. As a new Club Member we hope you will feel able to eventually contribute a minimum of one walk per year to the programme. <b>There are past walks advertised in the Walks Archive on the website and these can be used by members. We recommend that members contact previous leaders (see initials) as a courtesy and for assistance before the walk is advertised again.</b></p>	<p><b>You might wish to...</b></p> <p>Pre-register your phone with the emergency SMS service, which will allow text contact via 999 if there is an emergency and no phone signal. Details can be found at -<b>SMS to the Emergency Services or Emergency SMS and elsewhere on the internet</b></p> 