

EuroMayenne Walking Group

Health & Safety Code

General Safety

1. Regular participants of the walks should be members of EuroMayenne
2. Each individual is responsible for ensuring that they are properly equipped for the walk and physically capable of doing it.
3. The leader should have a thorough knowledge of the walk and should have walked it recently.
4. All notices advertising the walk should clearly state:
 - a the distance and estimated time of the walk
 - b the grading of the walk – easy, moderate or difficult
 - c the type of terrain involved – basically flat or hilly
5. At the commencement of the walk the leader should repeat the information given in the 4 items above.
6. The leader and back-marker must wear reflective safety jackets and carry whistles and mobile phones.
7. One person must carry a first-aid kit and should have first-aid training.
8. At least one person in the group must be able to telephone the emergency services (112) **and** speak French in order to explain the nature and location of any emergency.
9. The group should respect the environment, especially:
 - a leave gates and property as you find them
 - b protect plants and animals, and take your litter home
 - c. keep dogs under close control be prepared to clean up your dog's excrement in populated areas.

Conduct during the walk

1. The walk should proceed in an orderly, compact group and nobody should get in front of the leader or behind the back-marker. These two people should communicate with each other by whistle or telephone.
- 2 On the highway, the group should walk on the right hand side to the road in Indian file. The leader and/or the back-marker should whistle when any vehicles approach.
- 3 When crossing a road:
 - a the group should use pedestrian crossings if available
 - b ensure that there is good visibility and the road is clear
 - c go straight across the road – do not cross diagonally

Note: there is very useful health & safety advice on the Ramblers Association website www.ramblers.org.uk which all members of the group are recommended to read.