



# Cork Mountaineering Club

## *Cumann Sléibhteoireachta Chorcaí*

### **GOING WALKING?**

#### ***Guidelines for walk participants.***

1. Text the walk Leader prior to the walk. This lets the Leader know approximately how many will be in the group. It also means that you can be contacted if any change has to be made to a walk, or if it has to be cancelled.
2. Be correctly dressed and equipped (*see* CMC Checklist of Personal Day Walking Equipment). Walk leaders have discretion in accepting people on their walks and you may be turned away in the interest of safety if your clothing and footwear are not as listed.
3. For your own comfort and safety and that of other walkers, choose the walk that best matches your own level of fitness and experience. Bear in mind that weather conditions will increase the difficulty of a walk.
4. Inform the walk leader (in the strictest confidence) if you are suffering from any condition that might affect you on the walk, or if you are taking medication.
5. Dogs are banned on all CMC walks. Please respect the Country Code and landowners' property.
6. Mobile phones: keep your mobile phone switched on for the duration of the walk. Please observe the usual courtesies.
7. Before the walk, sign the club Log Book and give a contact number (*ie*, whom to call in case of an emergency). Signing the book means that you are stating: "I am fit for this grade of walk and weather conditions of the day. I understand that I am responsible for myself on the walk and am taking part at my own risk".
8. Please obey the instructions of the walk Leader.
9. During the walk, stay with the group, or at least in sight of the Leader. Do not run ahead, or linger unnecessarily behind. If you are taking a "comfort stop" please inform someone, so that the group does not move off without you.
10. If you have been carrying the group shelter or the First Aid kit, please don't forget to return them to the Leader at the end of the walk.