

Information for LEADERS

Things to know when leading a walk for IPSWICH & DISTRICT



Before the walk

- If possible recce the walk to help with the risk assessment, plan timings, look for places of interest
- Consider the risks, review the generic Risk Assessment **as a minimum** and consider any additional hazards and how you will manage them.
- Enter the walk onto Walk Manager and advise Keith or Jo so that it can be published.
- Think about the information you will give a back marker on the day.
- If possible carry a first aid kit or check if one of the group kits is being carried on the day or can be borrowed.
- Arrive in plenty of time to welcome walkers.
- **Look for new walkers and ensure they have ICE details, noting them down if not.**
- Make a note of any health conditions that you have been advised of. Always respect the privacy of walkers.
- Depending on numbers appoint middle markers, check the back marker has your phone number and the route details. Ratio guidance for Leisurely / Moderate walks is 1:8



On the Day

- **Check the weather** forecast before you head out and dress for the weather. Check walkers footwear is suitable for the walk.
- If there is to be any road walking ensure you and your back marker have a hi-vis jacket



During the walk

- Adapt to changing conditions on the day as necessary.
- Keep checking that the group is all together, looking for your back marker. Leave no-one behind and respect the pace of the group.
- Check on any new walkers at the apple stop.
- Follow the **Countryside Code** Leave no trace.
- Be kind and considerate to other people in the group and those we meet along the way.



After the walk

- Check any new walkers have enjoyed their walk, suggest joining if they are not already members.
- Destroy any personal information you have taken.

Further details can be found on the Ramblers Walk Leader Checklist



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