

Mendlesham Walking Group



Information and disclaimer

Walking is one of the healthiest and safest of Outdoor Activities for people of any age. Providing you take sensible precautions, not only can you enjoy the company of likeminded people and the lovely countryside, you will find the physical exertion leaves you feeling refreshed and relaxed and, over time, will improve your physical and mental wellbeing.

All Walk Leaders are volunteers who are happy to share their experience and knowledge of the locality. However, they cannot control the environment of the walks or the weather, encounters with animals or vehicles or indeed of any of the walkers themselves or accept responsibility for any circumstances affecting the Health or Safety of the Walkers in the party. The Mendlesham Walking Group **does not** hold Public Liability Insurance.

What we can all do is take precautions and provide reasonable support, help and assistance to one another, as necessary. The Walk Leader will carry a small First Aid Kit, a mobile phone and a bottle of drinking water but cannot take any responsibility for either the route or the individuals in the group.

Precautions

The following recommendations have been carefully considered and we advise you to apply them as appropriate.

Before starting your walk

- Check the time, length and type of walk with the Leader i.e. 1 - 2 hours, using public and permissive paths off road, climbing styles, walking along the road. You may like to visit <http://mendlesham.suffolk.cloud/clubs-and-organisations/walking-group/> and see the paths which we may be taking
- Check the weather forecast - but remember things can change on route
- Wear flat, enclosed foot wear e.g. a pair of walking boots, good trainers or wellington boots.
- Be able to cover arms and legs to avoid injury e.g. from foliage, sun, cold or rain
- Consider wearing a hat and gloves to protect from the elements and retain heat
- If bringing children or friends who do not normally undertake physical activity, consider whether they will be able to cope with the walk
- Tell someone that you are going on a walk and bring your mobile phone with you
- In hot weather you may want to bring a cold drink or snack
- Ensure that you are comfortable before setting out - there are **no Public toilet facilities** other than the Kings Head Pub after 12 noon. However the walk leader may have access to the 50/50 Shop - please ask
- Ensure that if you arrive by car that it is parked safely and locked
- Tell the walk leader if you have any concerns about your ability to complete the walk or health issues that may arise during the walk

During your walk

- Follow the advice/instructions of the Walk Leader in order to minimise any risk of harm to yourself or other people
- Keep children and dogs under control and ensure that they do not cause a problem for other people in the group
- Respect the environment of the walk and follow The Country Code (see over leaf)

After your walk

- Ensure that you have all your belongings, join us for lunch if appropriate and tell others what a good time you had!

Mendlesham Walking Group



Contact Details (optional)

If you would like to be informed of any future walks either visit the Parish Website and or let us have your contact details as below. Your details will be retained on the Walk Organisers home computer (currently Judith Howard-Rees) and will be only used to inform you about Walking in Mendlesham. Occasionally a designated other person may be asked to pass on information to you or contact you about a walk.

I have read, understood and accept the foregoing Information and Disclaimer plus how my contact details will be stored and used.

Please print your Name(s) in Block Letters, then Sign and Date below.

NAME(S)

SIGNATURE

DATE

Optional:

Contact details:

Telephone Number:

Email Address

Please give to the Walk Leader before your first walk with the group

The Countryside Code

Respect. Protect. Enjoy

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs

Natural England is here to conserve and enhance the natural environment, for its intrinsic value, the wellbeing and enjoyment of people and the economic prosperity it brings.

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www.naturalengland.org.uk

Full copy can be download <https://www.gov.uk/government/publications/the-countryside-code>