



Walk Leader Information

This is a list of items we recommend that you consider when thinking of becoming a walk leader.

- First of all, ask yourself if you have the knowledge, skills and ability to lead safely.
- Plan a suitable walk for the group, taking into account the length of the walk and the terrain.
- Check parking arrangements and ask permission if necessary.
- Decide on a stopping point where the group can take a brief break.
- Ask either a buddy or a member of the West Lancashire Footpath group to check it out with you.
- Complete a Risk Assessment form and hand or post this to the Walk Coordinator (Gwen Veevers, 8 Belsfield Drive, Hesketh Bank, Preston PR4 6YB). Or e-mail it to gwenveevers@btinternet.com
- Complete the attendance log and carry this with you on the walk, so in the event of emergency, walkers' details are easily available, i.e. emergency telephone no, and their own mobile no. The ICE Cards hold important information and should be carried by everyone on each walk, but at least you will have contact details (i.e. other family member/friend's telephone number). Ensure the log is either sent or handed to the Membership Secretary after the walk. (David Worrall, 6 Belsfield Drive, Hesketh Bank, Preston, PR4 6YB) or e-mail it to david.worrall@live.com
- Ensure you as the leader have a mobile phone with you and that you have to hand the phone number of at least one committee member.
- Check before setting off if a member of the group has Basic First Aid training.
- For advice on how to get First Aid training, if you feel it is necessary for the future, please speak to the Walk Co-ordinator, Gwen Veevers. YouTube, British Red Cross app, St. John Ambulance do a wide range of online training and booklets are available to purchase for a small fee.
- Ensure that at least one person on the walk is carrying a basic First Aid kit. (See below for a list of contents).
- If felt necessary, appoint a back marker, and ensure hi-vis waistcoats are worn particularly if there is any road walking.
- If more there are more than 20 walkers, there should also be a mid-point marker.
- Ensure that the weather for the walk has been checked out and postpone the walk if necessary.
- If the walk is a longer one, ensure that a member of the committee's family/friends know your route, in case emergency services have to be contacted.

- Brief the walkers on the walk and ensure that you check with them during the walk if the pace is OK for them, particularly for any new attendees.
- Thank the walkers at the end of the walk and advise them of the next walk on the programme.
- If someone has left the group during the walk, check that they have got back to their car or home safely.

First Aid kits should contain as a minimum:

- Assorted plasters
- Antiseptic wipes
- Dressings and adhesive tape (to secure a dressing)
- Scissors
- Blister plasters
- Cream to treat bites and nettle stings

Consideration should also be given to carrying:

- Disposable gloves
- An arm sling

Paracetamol tablets should not be in the kits but can be carried.