



## CASTERBRIDGE RAMBLERS GUIDELINES FOR LEADERS

1. Use a large scale map, i.e. Explorer 1:25 000
2. Choose a parking place suitable for the number of cars expected.
3. Pre-ramble route. Assess risks and take account of lunch and "comfort stops".
4. Report obstructions, broken/unsafe stiles etc. to Countryside Access Tel: 01305 224463  
Giving grid ref., description of location & problem or report online at  
<http://maps.dorsetforyou.com/countryside/reportproblem>
5. Try to avoid uphill climbs immediately after lunch.
6. Keep to agreed mileage.
7. Carry a simple first aid kit, whistle, compass and mobile phone if available.
8. On the day arrive early, whatever the weather. Introduce yourself; give a brief description of the walk including points of interest.
9. Count the group and appoint a back marker for larger groups. Keep the group together, check regularly for stragglers and be prepared to slow down.
10. Walk on the right side of the road, unless unsafe to do so.
11. Point out any hazards, busy roads, unsafe stiles etc.
12. Ensure gates are left as found. Members should be encouraged to take turns at gates.
13. It is recommended that leaders and back markers wear High Visibility waistcoats for road crossings/ walking along roads.

NB: This is not a definitive list; some leaders may wish to take additional measures.

### **Reporting and Recording Incidents**

In the event of any incident/accident occurring on a walk which you are leading, obtain the names, addresses and phone numbers of the injured and witnesses. **Please carry pen and paper for this purpose on your walks.** Report this to the Secretary, Amanda Blunt. 01305 760205

The Secretary will forward the relevant forms to the leader and witnesses. The completed forms must be returned to the Secretary.

Minor accident forms will be filed and retained by the Secretary. Serious incidents will be reported to the insurance broker e.g. an injury requiring either a referral to, or hospital treatment e.g. fracture (other than finger, thumb or toes)