

Skibbereen Walking Group
Duties & Responsibilities
Of Leaders & Walkers

Duties of Walk Leaders

- Carry out a recent recce prior to your walk.
- Ensure you have a copy of the Leader's Duties, First Aid Kit and two Hi Vis Jackets for the walk.
- Do not allow dogs on your walk (even on a leash)
- Do not allow under 18s to participate in walks.
- Appoint a Sweeper and ensure all walkers know that they must remain between the Leader and Sweeper
- Where car pooling is required appoint a sweeper car for the convoy
- Fill in the Walker's Log ensuring you have names and telephone numbers of non-members taking part in one of their **three** taster walks.
- Give a brief outline of the walk highlighting any particular difficulties.
- Ensure you and the Sweeper wear a Hi Vis Jacket when walking on Public Roads and this is also recommended for off road walking.
- Count the number of Walkers before, during and at the end of the walk.
- Stop regularly to give all Walkers a chance to catch up and have a break when necessary.
- Ensure the SWG Secretary receives a copy of the Walkers Log after the walk.

Responsibilities of Walkers

- Prior to becoming a member of SWG you may participate in a **maximum of three** taster walks, choosing from Easy, Road or Intermediate walks.
- New members are advised to attempt two or three Intermediate walks before taking on the more challenging Hill Walks
- All walkers who are currently full or associate members of SWG will be fully covered the Mountaineering Ireland Insurance Policy.
- By walking with the group, you understand and agree to the following:

“I accept that walking and rambling are activities with a danger of personal injury and death. I am aware of and accept these risks and wish to participate in these activities voluntarily and shall be fully responsible for my own activities and involvement. I have read and will comply with the SWG Rules for Walkers.”

- You are not allowed to bring a dog on any walk (even on a leash)
- If you are under 18 years of age you are not allowed on walks
- You must make yourself fully aware of the nature, duration and difficulty of the walk to be undertaken and be confident that you are in the necessary physical condition to complete the walk.
- You must be suitably equipped for each walk (appropriate footwear, waterproofs and food and drinks on the longer walks which start in the morning)
- If you have a serious medical condition, you should carry a medical information card and discreetly inform the Leader prior to the walk.
- You must comply with instructions from the Walk Leader /Sweeper. if you go ahead of the Walk Leader and Group then you are no longer considered to be part of the group and you are responsible for your actions.
- If you wish to leave the walk before the end you must inform the Leader.
- You must keep to the IFA Code of Conduct:
 - Respect farmland and the Rural Environment
 - Guard against all risk of fire, especially near forests
 - Leave all farm gates as you find them.
 - Always use gates, stiles or other recognised access points and avoid damage to fences and walls.
 - Take all your litter home, leave no trace.
 - Take heed of warning signs – they are there for your protection.
 - Keep to a trail rather than walking beside it. This can lead to extra paths being formed which could lead to erosion.