Sutton-in-Ashfield and District Rambling Club (EST 1931)

LEADING A RAMBLE

Unsure how to decide where? A great source for inspiration, is the Group's website (go to Main Menu 'Previous Walks') there are many walks listed, you can use these to adapt and personalise or use the same routes. To help ensure your walk is a satisfying experience, we have many experienced leaders to help choose and plan a walk.

A good source of additional information is the Ramblers Association website.

TIPS FOR LEADING A RAMBLE.

Planning a Ramble.

Health & Safety First - Please consider any safety aspects of the walk route and communicate them to members on the coach prior to departing.

- **Planning the route.** Taking your car out to look at sections often reduces the time spent organising the walk. For example, some footpaths may need checking as they may be overgrown. Minimise road walking, it can be dangerous for a large group.
- **Whether to recce your walk**? Footpath closures. If the footpath or bridleway is closed, revise the route. It is a finable offence to not comply with an order made under the Road Traffic Act 1984. Even if you're familiar with the route, terrain and can estimate timings for each section, always do a recce. Consider changes in weather and the suitability of the route for the time of year and the impact of changing weather conditions.
- **Circular or linear**? A linear walk makes best use of the coach; it doesn't have to be a straight line; a horseshoe route allows for a shorter walk option.

  A circular walk is also fine, particularly if you are going out to plan the walk, you can get back to your car ok.
- **Start of the walk**. Choose a spot that the coach can access safely (be aware of narrow lanes and low bridges), where it can stop, and the group get off safely.
- **Start and finish points**. When planning a linear walk try to start the walk at the furthest point and finish nearer to home, this reduces the journey at the end of the day.
- **Coach pick-up point** at the end of the walk. This needs to be somewhere that the coach can access safely, be aware of narrow lanes, low bridges and where the coach can park for 15 minutes or so to ensure that everyone gets on safely and you're able to ensure that everyone is on board.
- **Length of walk.** This is governed by several things:

  The start time will vary depending on travel time to the start point, use Google Maps or AA Route Planner to estimate how long it will take for the coach to arrive at the start.

  For the winter programme, walking time can be maximised by having a shorter coach journey but this isn't essential; it is up to the leader.

Finish time is 6.30pm at the latest but earlier if that fits in with the length of the walk. The coach can leave earlier, as walk leader it's your decision.

Length of walk. Once you know the start and finish times you can decide on the distance. A rule of thumb is 2 miles per hour including breaks. In the winter, you may have as little as 5 hours, so 10 miles. In the summer your walks can be longer.

Terrain, number of stiles, weather and the walking ability of the group on the day will affect speed.

- **Breaks.** Include a morning break of about 15-20 minutes, a lunch break of approx. 45 minutes and no longer than an hour, plus an afternoon break for the summer rambles of about 15-20 minutes. Length of breaks depends on the facilities available. A café stop will demand a longer stop than a picnic.
- **Shorter route options,** particularly on longer walks in the summer it is useful to have a few short cut options in your mind. If time is short, you can then decide to shorten the walk, or if some members wish to take a longer break or walk at a slower pace, and there is someone who can lead the short cut, this is possible.
- **10 days before your walk** send a good description of the walk to John Price at chrisjohn.price@btopenworld.com. Include some essential details; the start points, lunch break, finish point, time the walk is due to finish and the distance, interesting and/ or historical facts. Plus, details of shorter options if available.

  A few of your own or other members photos (with permission) would also be nice.

On the day.

- **Number of walkers on the coach.** Count the number of members on the coach, be aware of how many have opted for an alternative walk and where to collect them, (if not the official finish point) and how many stay with the main group. You're not responsible for those who leave the main party.
- **First Aiders and Defib' custodian** before disembarking ask for confirmation of trained first aiders, a show of hands will be sufficient and ensure everyone walking is made aware. Also confirm the delegated Defib' custodian is walking and again make everyone aware. Ask everyone on the walk to make you aware of any medical concerns, or conditions.
- **If there are any new walkers** introduce yourself as the leader, ask them to let you know if they are struggling at all and take their mobile phone number.
- **When you reach the start point**, before you start the walk, ensure everyone knows the general route, the lunch stop, the finish point and time. As much as is practicable, ensure all members stay together as a group, this ensures everyone's safety throughout the walk and avoids the risk of members getting lost.
- **Waypoints & Junctions** ensure everyone is aware of the route and correct path, direction to take. When necessary, pause the walk to allow time for everyone catch up.

- **Allocate a back marker** someone familiar with the route and able to stay at the back of slowest group, ensuring no-one gets lost. If necessary, slow the pace to ensure everyone stay together. Ensure you have exchange mobile phone numbers with the back marker
- **Ensure the driver of the Coach** knows where he is picking up and at what time.
- **Take the drivers mobile number** in case you need to let him know of a change of plan.
- **Be prepared** to shorten breaks if time is short or extend them if you are walking faster than anticipated. If necessary be prepared to change the route, take a short cut or to contact the coach driver to arrange a different pick-up time.
- **At the end of the walk** ensure everyone is on the coach before it departs and pick up members who have done their own walk at the pre-arranged spot.
- **Collect the coach fare and money for cards purchased** (the Leader does not pay) which should be given to The Treasurer, President or Secretary, or in their absence any Committee Member. Anyone joining us on their first ever walk go free.

And finally …. Enjoy the walk. Leading a walk can be a very satisfying experience and of course, without walk leaders we wouldn't have a club.

Lead Walk Return Slip

Feeling Inspired? Why Not Volunteer

Great! You have now read just how inspiring leading a walk is, it's fun and a very rewarding experience. Our club needs you

We have a very proud heritage dating back to 1931 so there are dozens of walks which have been done by the club over the years which can of course be done again, or do you fancy introducing the Club to your own favourite walk? It would be great to introduce the Club to new walks, failing that there are hundreds of walks on the internet.

Take the next step and give it go!

Please add your name, mobile no or email address so we can you contact you to add you to the winter or summer schedule.

Name: ……..

Mobile: …….

Email address: ……

Keeping the information guide, please hand this completed form (only) to a committee member.

Thank you for your valued support and assistance.

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