

BOLTON WALKING AND OUTDOORS APPRECIATION SOCIETY

Wednesday Evening Walks Safety Guide – January 2025

BWOAS is a group of volunteers, friends and acquaintances organising informal walks in the community. New people are welcome to come and join in but it is important to note that the outings are NOT professionally guided in any capacity. However, an effort is collectively upheld to make sure that the walks are as safe for everybody as they possibly can be by applying the following procedures...



ALL PARTICIPANTS must have their name down on the list before the walk via contacting the group Facebook profile or the private chats in Messenger and Whatsapp. New members will be asked about previous walking experience and given clear details about the route that they have chosen to join.

PLEASE NOTE - Some walks may become fully subscribed, in which case a waiting list may or may not be operated.

The aim of the group is to provide a safe and supportive environment for all to enjoy the outdoors and improve their lifestyle. Anybody choosing to attend a BWOAS does so in the understanding that they are wholly responsible for their own actions, safety and belongings.



There are always SIX VOLUNTEERS on every Wednesday evening walk. Volunteers are experienced regular members of the group who are there to advise and generally manage the pace, but ARE IN NO WAY RESPONSIBLE for the safety of participants or their belongings.

VOLUNTEERS will be evenly spaced throughout the group, including one posted at the front and one at the back throughout. This number ensures there should never be more than a 1:8 volunteer to participant ratio, and means that all participants should be close enough to a volunteer if assistance should be needed or in the case of emergencies.

VOLUNTEERS are familiar with predetermined regrouping points and what terrain will be encountered on each walk, and are always equipped with suitable mapping and a two way radio.

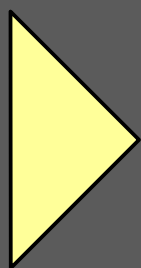


ALL PARTICIPANTS must be suitably equipped for each outing. This includes wearing sturdy/suitable footwear for the terrain as detailed in any posts or info about the specific walk, and dressing appropriately for weather conditions. Even in summer, a torch and warm layers should be carried. Poles are always recommended to allow for safe crossing of uneven ground.

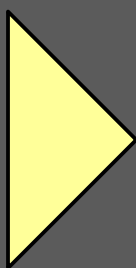
PARTICIPANTS WHO USE THEIR OWN PERSONAL MEDICATION SHOULD CARRY IT AT ALL TIMES AT THEIR OWN RESPONSIBILITY, AND SHOULD DISCREETLY MAKE A VOLUNTEER AWARE OF THE LOCATION OF ANY INHALERS, AUTOIMMUNE INJECTORS ETC.



BEFORE THE WALK there will be an initial attendance check to account for everybody on the list. There is always an informal brief to the whole group detailing what to expect on the walk, who the volunteers are and a chance to ask any questions.



DURING THE WALK volunteers will be on hand should any assistance be required. Advice and guidance will be given where appropriate along the way.



DURING THE WALK, a moderate pace suitable for everybody in the group will be managed throughout.

There will be regular stops at suitable predetermined locations in order to regroup and complete a head count.