

Advice & Safety Guidelines for Walkers

Safety

Please check the [Minimum Gear](#) you need for Hiking/Walking, and be aware that even a small incident can quickly lead to hypothermia if there is a delay. Our safety policy is:

No boots, no walk!

Although your Walk Leader will be experienced, your safety is ultimately your own responsibility. Therefore, you should take the following into account before setting out on a Walk.

- ✓ Check the Weather Forecast
- ✓ Be properly equipped and have sufficient Food and Drinks
- ✓ Consider your fitness in relation to the hike which you are undertaking.... If necessary, check with the Walk Leader who is leading the walk. Name and Phone number is displayed on the Walk Schedule.
- ✓ If you have any doubt in relation to your Health and Fitness, you should consult your Medical Advisor before taking up hill walking.
- ✓ Stay with the Group and follow the Leader's instructions.
- ✓ Do not leave the Group without informing the Leader.

Obligations under Insurance & Child Protection Guidelines

- ✓ Children under 12 years are not allowed on Walks.
- ✓ Minors (12 – 18 years) must be accompanied by a Parent or Guardian on Walks.
- ✓ No Dogs allowed on Walks.

Environmental Obligations.

In line with Guidelines from Mountaineering Ireland, we adhere strictly to **Leave no Trace** policies. You should check out these policies on our link on the home page.

Some areas we walk in are special conservation areas and we are always conscious of this.

So... *Leave nothing but footprints, and take nothing but photographs.*

Car Safety

Make sure that your car is locked and that there is nothing of value left in your car.