

Chester Rambling & Hill Walking Club

Safety Policy

August 2012

Chester Rambling & Hill Walking Club (CR & HWC) is committed to the safety of its members during all activities planned and organised for the club's annual walks and social events.

Responsibilities

- The elected officers are responsible for providing the schedule of events itemised in our summer and winter programmes.
- The officers and general committee are responsible for reviewing and improving our safety documents, which are as follows:
 1. Club Rules (Most recent revision: 2004)
 2. Guidelines for Ramble Leaders (Most recent revision: 2008)
 3. Accident Reports.
 4. Emergency Guidelines. (Most recent revision : 2004)
- Members are responsible for adhering to the club rules
- Members are responsible for self-assessing their own capability in terms of fitness, agility and experience – and must not join walks for which they are unsuited.
- The rambles organiser is responsible for documenting accidents and incidents.
- Ramble leaders are in sole charge of each walk and must be familiar with the guidelines for ramble leaders.

Objectives

- To provide pre-planned, well organised rambles and other events.
- To devise, plan and structure all activities through the agreement of an elected committee.
- To conduct all rambles in accordance with the club rules and guidelines for ramble leaders.
- To organise weekend and evening events based in reputable establishments.
- To use coaches operated by a reliable local company for weekend events and day trips.

Risk control

- All rambles are 'walked out' i.e. they are reconnoitered beforehand by the ramble leader to ensure that the route is feasible. Particular attention in this respect is paid to access, terrain and general suitability.
- All rambles are described in the programme and the description contains accurate information in terms of distance and grading.
- Some road journeys (to and from rambles) are not used in the winter to avoid the possibility of encountering dangerous conditions caused by ice and snow on steep gradients.

- Members are adequately clothed and shod. Other equipment consistent with the grade of walk and weather is also carried.
- Ramble leaders appoint back markers on all walks.
- A committee member will join a new ramble leader on their first walk whenever possible in order to provide support and ensure that the new ramble leader demonstrates leadership qualities and a commitment to safety.
- All new members receive a copy of the Emergency Guidelines in addition to the Club Rules.
- New ramble leaders receive and acknowledge a copy of the Guidelines for Ramble Leaders immediately prior to the first walk they lead. All leaders receive copies of the guidelines following any significant revision.
- Members are encouraged to carry a completed identity card in their rucksack which provides details of an emergency contact number and information on any potentially dangerous medical conditions or important medication needed.
- All accidents or incidents are reported to the rambles organiser. They are recorded and discussed at the general committee. Learning points might then lead to changes or revisions to the club's safety procedures.
- The elected committee ensures that all hoteliers, proprietors and coach companies used for social events operate in a responsible and professional manner. Particular attention is paid to their Health and Safety responsibilities with a strong focus on fire prevention and protection.
- Some members hold formal mountain leadership qualifications.
- Some members have attended first aid courses.

This policy document forms the outline structure upon which the health and safety of all club members is based.

Further details are contained in the club's formal documents.