

Your Details

Please complete and bring along with you to your first walk:

I have read this leaflet and agree to read and make sure I comply with the risk assessment requirements for each walk.

Name:

u3a Membership No:

Signature:

Emergency Contact (Name):

.....

Emergency Contact Number:

.....



Walking Group



**“Pull on your boots, pack a lunch,
learn, laugh, live”**

Information Leaflet and Joining Form

Bridgnorth and District U3A Walking Group

Our Aims:

- To get to know each other
- To learn more about the places we visit
- To gain the physical and psychological benefits of walking

What you need to know:

- We walk between 6-8 miles on the first Friday of every month
- We plan every route in advance to minimise risks
- A risk assessment is carried out and made known to members through email and verbally before the walk starts
- We encourage car sharing
- Although we love dogs, as the walks often cross farmland with livestock we don't allow dogs on our walks.
- We often finish walks with tea and cakes or going for a meal, but you should provide enough food to take you through 3-4 hours walking
- We are keen for group members to get involved in planning and leading walks. Please talk to the group leaders
- Our itinerary is planned with the group and details are sent out by email prior to the walk

Interested in joining us?

Please contact: info@bridgnorthanddistrictu3a.org.uk

Jenny Green



Jane Freshney



Essential Information

We have all heard over the past year how walking benefits both physical and mental health, there are however, a few guidelines for members to follow when joining our walks. Please read these and make sure you understand them.

- All walks are risk assessed and any risks are made known to members before the walk. Please make sure you are aware of these risks and are able to cope with the physical requirements of the day.
- Please bring appropriate equipment, clothing and refreshments for 3-4 hours walking
- Please respect social distancing and any relevant Covid 19 guidance (October 2021)
- All walkers are required to provide an emergency contact and sign an attendance sheet before each walk

Important

When you join us please bring along the “Your Details” slip at the back of this leaflet.