

General Guidance for Naturist Ramblers Walk Leaders

The Nat Ram Guidance for Walk Leaders follows the Walk Leader Guidance given by the Ramblers. Obviously the contact details are different, but where relevant their guidance should be followed.

Have a look at their website under the heading 'Walk Leader Toolkit'

<http://www.ramblers.org.uk/volunteer-zone/support-and-development/volunteer-toolkits-alphabetically-sorted/walk-leader-toolkit.aspx>

Download and read the following sections:

- Walk Leader Role Description;
- Walk Leader Checklist (print out and take on walk);
- Walk Leader FAQs;
- First Aid Tips for Walkers (print out and take on walk);

If you are unable to open any of the above files, I can send you a hard copy.

Specific Guidance for Nat Ram Walk Leaders

- Ensure that your mobile phone is registered with the Emergency Services - see the video on the 'Nat Ram - Contacts' webpage for details of how to do it - <http://www.justwearasmile.co.uk/natram/contact/contact.htm>
- If possible carry out a mini or full recce prior to undertaking the walk to enable you to inform walkers of any unexpected hazards;
- Notify the pub of our arrival date and time;
- Try and arrange for enough cars to be at the pick-up station;
- Ensure that you have your first aid kit with you;
- Take the register - make sure that the head count agrees with the number on the register;
- Find out whether any of the walkers are first aid trained;
- Remind the group of our cover-up policy as set out in the Walkers Guidance which is at the beginning of this year's Walks Programme;

Peter Whiston

15th April 2016