

Catalysts Walking Group

1. Each member must register with - The Catalysts and pay their membership for each year to ensure they are fully covered by insurance.
2. Each member to be given a programme of organised walks
3. Make sure all persons on the walk are aware of the route intended for the morning.
4. Each person is aware of the name and contact details of the Link Person for the walk
5. If there is a change at any time of the link person the Catacombs Manager must be informed or a staff member of Cosy Cats Childcare Ltd (and add phone number)
6. The link person is responsible at all times for the Health and Safety of the group
7. Members must inform the Link person of any medical condition and medication prior to the walk commencing.
8. The Link Person should ensure that anyone having a medical condition and require medication have their medication with them.
9. It is advisable that all members will have had breakfast prior to walking to avoid a drop in blood sugar levels.
10. A First Aid Kit must be carried at all times by the Link person or a designated person ensuring that it is appropriated stocked.
11. Ensure that at least two persons in the group have fully charged mobile phones for use in the event of an emergency.
12. Ensure that the person at the back end of the walk has contact with the front of the group in the event of group separation.
13. Any incidents/accidents must be documented in the Accident/Incident Book and reported to the Catacombs Manager immediately after the walk.
14. A roll call must be taken at the start of the walk and at the end of the walk to ensure all persons return to the start and there are no unaccountable persons.

15. Appropriate footwear and clothing must be worn at all times
16. For steep climbs it might be best practice to use a walking or trekking stick.
17. Extra care to be taken during severe weather and maybe advisable to cancel to avoid accidents
18. Maintain a register for contact tracing
19. Covid19 – Adhere to social distancing, awareness of signs and Symptoms of Covid19, practice good hand and respiratory etiquette.
 - a. Added extra
 - b. (Toilet paper for anyone taken short! You never know)