

FERMANAGH RAMBLERS & HILLWALKERS CLUB GUIDELINES

Club guidelines are drawn up to ensure the safety and enjoyment of all club members whether on the hills or the lowlands. We request that you observe the guidelines but if you have any queries or difficulties please speak to a committee member.

SAFETY

Safety covers various aspects detailed below but you must be aware of your personal fitness level and general well-being. Build up to walks, especially the grade 3's which are long and rough. Speed is not of the utmost importance so much as arriving safely and enjoying the walk. Whilst every effort is made by the Club to guarantee the safety of the party it should be understood that each walker takes part in the Club's activities at their own risk and that the Club cannot be held responsible for any mishap or injury how-so-ever caused.

Members are reminded that rambling and hillwalking is not without risk.

MINORS (under 18)

- Minors **MUST** be accompanied by a parent, guardian or responsible adult.
- Prior to the day of the walk the Walk Co-Ordinator should be informed of the name of the person in charge of the minor.
- The person responsible for the minor should also make the necessary transport arrangements.
- Minors must be included in family membership.

TYPE OF WALKS

All walks are graded on the circulars which you receive throughout the walking calendar. They represent as follows:

- Grade 1** Walks that are generally flat and on tracks, forest or lake shore, 2-3 hours duration. Suitable for all levels of walker.
- Grade 2** Walks that are generally moderate hill walks, nature reserves and open country, 3-4 hours duration.
- Grade 3** Walks that are generally fairly difficult mountain walks 400m+ in altitude, 5-6 hours duration requiring a good level of physical fitness.

Hill walking boots are mandatory for all grades. (see below)

PERSONAL GEAR AND EQUIPMENT

Clothing

Clothing should be warm, waterproof and windproof. Clothes of wool or wool-mix or fleece type are recommended for insulating properties when wet. Denim jeans are **NOT** suitable for rambling/hillwalking. Lightweight waterproof jackets and overtrousers keep you warm as well as dry. Hats and gloves are essential

all year round. Spare clothing, socks, including hats & gloves are also strongly recommended.

Be warm and comfortable

Footwear

Hill walking boots with moulded rubber soles (of vibram or similar) should be worn. They give ankle support on rough ground and good grip on steep slopes. Your boots should be big enough to allow for thick walking socks. Gaiters worn with boots help to keep feet dry.

WHAT TO CARRY

A packed lunch is recommended for all walks. Essential gear includes an appropriate size rucksack with liner, a survival bag, personal first aid and blister kit, whistle, torch, spare batteries, map and compass. You should carry a minimum of 1 litre of water in a hydration bladder or traditional bottle and a hot drink. The club recommend the use of a pair of walking poles to aid stability and help reduce pressure on your joints. Make sure you can stow them securely on your rucksack when safety requires both hands to be free. Walk co-ordinators are happy to advise you further if necessary.

WALK CO-ORDINATORS

The walk co-ordinators will have checked the route beforehand. Even if you think you know the route that is being followed please do not go ahead of the co-ordinator. When the party comes to a stile or gate resist the temptation to spread out and climb over the fence at some other point. Follow the walk co-ordinator over the crossing. When climbing a gate do so at the hinged side.

GUESTS

Non members are **NOT** allowed on walks.

DOGS

Dogs should **NOT** be brought on walks. They are a constant source of concern to landowners and other walkers.

LAND

Nearly all the land we walk over is bound up in someone's livelihood. Please respect it as such and take care not to damage anyone's crops, stock, water supply or property. **Follow the country code.**

LITTER

Please take home all litter, including biodegradable waste.

HUMAN WASTE

Bury 15cm(6ins) and 30 meters from running water. Use biodegradable toilet paper if possible. Never miss the opportunity to use a proper toilet.

CARS

Please top up cars at the meeting point as parking can be restricted at the starting point for the walks. Park carefully to avoid blocking gates and narrow roads.

DEPARTURE TIMES

All walks will set off promptly within five minutes of the appointed time.

WALK CO-ORDINATORS ARE HAPPY TO ADVISE ON ANY OF THE ABOVE