

Members Awareness sheet.

Please be aware that pre booking for all events is now required.

Contact details and next of kin must be provided.

If you turn up at a meeting without booking you may not be allowed to join.

If you have any symptoms of C19 or feel unwell in any way please be considerate to others and do not attend.

Please respect the personal space of others.

Please agree to follow the leader's instructions at all times.

For your own safety we ask that you read and observe the precautions mentioned below

Natural environments are often on rough ground so....

- Please walk carefully and look where you are going at all times
- Please wear suitable footwear and clothing for the terrain and weather conditions
- Carry water and sun block or hat as necessary

If the meeting is on or close to a highway, walking or working along verges....

- be aware of the danger to yourselves and others, and if possible wear high visibility jacket

Stay with the group at all times and if you wish to leave early inform the leader

Please also inform the leader if...

- You have any relevant health issues
- You feel unwell during the meeting

Please ensure that your vehicle is locked and any valuables preferably carried with you, or locked out of sight.

If all these precautions are met we should all be able to enjoy ourselves without mishap!

Have a lovely day!

