

U3A WALKING GROUP SAFETY REQUIREMENTS

Disclaimer

By joining the Walking Group the Member walker confirms they have read, understood and accept the conditions and safety requirements of the Safety Requirements in the U3A Calpe website.

The Group Leader or the U3A will not be responsible for death, injury or damage caused to a Member walker and/or their property whilst in the Walking Group.

Your confirmation will be requested that use of your image whilst in the Group now and at any future time can be used for U3A Calpe promotions. If you do not want your image taken, please inform the Group Leader and remove yourself from the group until the image has been taken.

Before a programmed Walk

Read the walk details carefully – Make sure that you are familiar with the distance of the walk, satisfy yourself that you can cover it comfortably and that the terrain and degree of difficulty stated is within your physical capability.

Bring with you the following items:

The required footwear – this is stated in the walk details (see 'minimum footwear required'). If you do not have the required footwear, you will not be able to sign-in for the walk and undertake it with the Group.

- Money – There may be an opportunity to purchase a drink and/or food at the start of a walk and/or at the end of it, if you wish to do so.
- Note the meeting point map coordinates, if stated (for your Sat Nav) and the location given.
- Allow yourself sufficient time in which to travel to the meeting point and park safely – For some walks the meeting point may not be the starting point of the walk and additional travel to it may be necessary once the group has met up.
- Water – you should have with you and drink at least one litre of water during the walk. If in doubt on the quantity of water necessary ask the Group Leader.
- Slow-burning food will maintain your energy levels.
- Essential - Headwear, sunglasses and sun creams.
- A first-aid kit – the one from your vehicle will be sufficient.

- A valid Spanish health card (SIP) or your valid UK issued European Health Insurance Card (EHIC/GHIC).
- Adequate vehicle insurance documentation to enable someone else to drive your vehicle in case you become unable to drive due to an accident or illness.
- It is recommended that you carry a charged mobile phone and the contact details of a person to call in the case of an emergency.
- Enter **ICE** (In Case of Emergency) into your phones contacts list and enter the emergency contact telephone number. Also note your SIP card number, your NIE and EHIC/GHIC card numbers.
- Details of any private medical insurance that you may have.
- Take with you any necessary medicines and instructions for their use.
- Insect repellent (Advisable)

- **Whilst Walking**
 Follow the guidance of the Group Leader and do not walk in front of him/her. Stay together and do not deviate from the route.
- Walk on the left side of a public road – It is illegal in Spain not to do so.
- Pet dogs are permitted on the U3A walks.

- **At the finish of a walk**
 Make comment to the Group Leader with thanks where appropriate together with any constructive comment for future walks.

U3A WG/2022 11 09