

The Club Rules

Members agree to:

- Receive training in Nordic Walking with a suitably qualified person approved by the club prior to walking with poles.
- Wear a lanyard on each walk with the telephone numbers of two people who can be contacted in the case of emergency.
- Abide by decisions of the Walk Leaders / Facilitators.
- Wear appropriate clothing and footwear.
- Participate at a pace that is appropriate for me.
- Inform the Walk Leader if I am finding the walk too difficult for me.
- Notify the Walk Leader if I wish to temporarily leave or finish the walk before the finish.
- Not bring dogs on the walk.
- Be aware that for everybody's safety and security those starting out together must stay together during the walk. Group walks are non-competitive and should be walked as a group. If you are on a walk of a lower grade than your norm, then you must slow down to the slower pace of that of your group.
- Be aware that if you go ahead of, or stray away from, the Walk Leaders / Facilitators and group, then you are no longer considered to be part of the group and you are responsible for your own actions and for those who follow you.