

Information for walkers



Things to know when joining a walk with Wellbeing Walks Scarborough

Part of Scarborough Disabled Swimming Group

Before the walk

- All Walkers should read and understand SDSG's terms & conditions (www.sdsg.org.uk/legal).
- Read the walk details and select one that you'll enjoy and feel you can manage – don't overstretch yourself. Get in touch with the walk leader if you're not sure. We can tell you more about the walk and others that we lead.
- Once registered for Wellbeing Walk updates book ahead so we know to expect you by emailing jackie@sdsg.org.uk.
- **Check the weather** forecast before you head out and dress for the weather. Wearing layers is best. Remember that it's colder and the wind a lot stronger if we go up high, and the sun can be strong even in winter. Pay special attention to your footwear. Get in touch if you're not sure what to wear.
- Arrive in plenty of time. Let the walk leader know if your plans change and you can't make it anymore.
- Pack enough food and drink for the walk. Some extra high-energy snacks are always recommended.
- Check with us first if you'd like to bring your dog. Unfortunately, not all walks are suitable for dogs.

At the start of the walk

- If you've never walked with us before, introduce yourself to the walk leader. We'll be looking out for you!
- If you do not have a Member Mo Jo account with SDSG, tell us who to contact in case of an emergency – ask the walk leader for an In Case of Emergency (ICE) card or write it down on the sign in sheet at the start of the walk.
- Let the walk leader know if you have a health condition that may impact your walk, or be relevant in case of an emergency. We'll always respect your privacy.



During the walk

- Please always follow the instructions of the walk leader.
- Be aware that plans may change, as our walk leaders adapt to changing conditions on the day.
- Leave no-one behind and respect the pace of the group.
- Let us know if you're struggling at any point – we're here to help.
- Follow the **Countryside Code** (when in England and Wales) and the **Scottish Outdoor Access Code** (when in Scotland). Leave no trace.
- Be kind and considerate to other people in the group and those we meet along the way.



After the walk

- Let us know how you enjoyed the walk. We love to hear your stories and feedback!