

BRIXWORTH & DISTRICT u3a

POLICY NO. 5 – WALKING & STROLLING

The information contained herein will hopefully help to clarify all of the aspects relating to this activity and to enhance the smooth running of the group, for the overall benefit of the members.

Introduction

The monthly walks – there is no walk in December – are usually between 4 and 5 miles long, lasting two hours, with a lunch afterwards at a local inn. For the strollers, the distance is a maximum of 2 miles and they combine with the walkers for the pub lunch afterwards.

There are no restrictions on entry to either group, with the strollers sub-group catering more for the needs of the less able-bodied or more senior members of the U3A

Exclusions

Only members of Brixworth & District U3A will be permitted to attend, and no dogs are allowed.

Suitability to Participate

It has to be the decision of the individual member as to whether they are fit and able enough to complete each walk or stroll, and it is their responsibility to select the distance that is most appropriate to them, bearing in mind their individual fitness level and physical ability to cope with their chosen distance.

If a member has any doubt about their ability to take part, they should contact the Group Leader who will be able to describe the type of terrain to be covered and the number of stiles encountered along the way. The walks cover a wide variety of locations, from the fairly level towpath canal walks to the more hilly topography of the Northamptonshire Uplands.

Following such discussions, the Group Leader may advise a member to undertake the stroll until such time as their fitness level has reached the point where they could easily cope with the longer distance of the walk.

The Risks

In any physical activity there are risks to health and safety, which the U3A attempts to minimise by undertaking the reconnaissance walks. However, with any walking/strolling event there is always the possibility that a member might trip or fall, causing either serious or minor injury, regardless of their age or physical ability.

Conclusion

Therefore the onus has to be placed on the individual member to carefully consider and decide whether or not to participate in the walk or the stroll, and to fully understand that they do so at their own risk.