

## **U3A Driffield Walking Group - Introduction to the group arrangements.**

We walk on the 1st Tuesday and 3<sup>rd</sup> Thursday each month. Meeting in Driffield at 09.30 a.m. and our walks are usually between 7 and 9 miles. Travel distance to the start of the walks can be up to 25/30 miles or so from Driffield, e.g., Scarborough/Humber. The number of walkers varies but is usually from 7 to 14 so the group is not too unwieldy when it comes to stiles etc.

Dogs substantially increase the risks of injury should we encounter cattle/sheep on the walk and so **are not welcome on U3A walks.**

Members of the group offer to lead walks, and the details for each walk are usually notified in the U3A Newsletter, Local Newspaper and Dates for your Diary along with individual emails to group members a week or so in advance, giving details of the walk starting point if members wish to go directly to the walk start, along with a request to indicate if you intend to walk. The emails are sent via the Driffield & Wolds U3A database; this means if you neglect to renew your membership in the Spring due to an oversight you may not receive details of forthcoming walks. When replying to the walk leader you need to provide him or her with telephone contact details, preferably landline and mobile numbers, so that you can be contacted if you're not at the start venue on time, or if there are last-minute changes to arrangements.

The Yorkshire Wolds are the most regular venue so there will be some ascent and descent. The invitation email will usually give outline details of the terrain, whether there are stiles or muddy patches or other matters and indicate if cattle/sheep have been present when they walk out the route, but the situation can change between the recce and the walk. Some walks will necessarily include stretches of minor road – please walk in single file and cross roads as an individual rather than as a group.

The Group will leave promptly at 9.30am from Driffield. Car sharing from Driffield to the start of the walk is always available, but if you intend to meet at the walk starting point please bear in mind the walk will aim to start at the set time. Please, therefore, in planning your journey allow time for any delays en route and to “boot up” on arrival. If you are delayed in your journey, try, if safe and legal, to notify the leader. Please be aware though that mobile phone coverage can be patchy in the areas we tend to favour.

The walks are very rarely cancelled due to inclement weather and so it is important to have adequate warm and waterproof clothing and footwear. Waterproof boots with a good grip and ankle support are advised. Headwear appropriate to the weather is sensible.

We usually take a break around 11 am. We also stop for a picnic lunch between 12 and 1 pm so you should bring with you a snack and drink e.g. a flask, sandwiches, cereal bar or fruit. Additional supplies of water are always advised, particularly if the weather's forecast to be warm.

We ask that walk participants complete and carry an Emergency Contact Card in their wallet or purse in case of accident or medical incident. Walk leaders are not First Aiders and it is advisable to carry a small first aid kit in your rucksack to deal with minor cuts, blisters, grazes etc together with any medication you may need, and some sunscreen. Ticks are not usually a problem in the terrain we walk in, but it is sensible to check when you next shower after a walk. It is also a good idea to download the what3words to your mobile phone – the emergency services can use them to locate any incident.

**Non-members of U3A can join two walks** to see how they get on with the group, and whether they wish to participate in future walks. Thereafter they must become current members of the Driffield & Wolds U3A in order that insurance requirements are not jeopardized. U3A insurance is in the event of third-party claims and does not include personal injury insurance.