



## CHESTER GREAT OUTDOORS CLUB

### SAFETY AND PARTICIPATION GUIDELINES

#### PARTICIPATION STATEMENT

Participation in outdoor activities, such as hill walking, climbing and cycling (on or off road) is inherently risky. You should only get involved if you are personally prepared to accept these risks and recognise that you may be exposed to potentially life-threatening situations. You are responsible for your own actions and involvement, and must be aware that your actions may affect the health and safety of others, both members and non-members and act accordingly.

#### EVENT GRADINGS :

##### Grading of Walks

Easy: Straightforward walking.

Short day - 2-3 hours.

Intermediate: Mixed terrain.

Average distance may be testing for some, but within most people's reach.

Longer day -. Up to 6 hours.

Hard: Technically and/or physically difficult.

Experience is a must!

Longer, tougher days to push your skills - 5 - 6 hours and over.

##### Grading of Biking

Easy: Straightforward biking.

Short day - 2-3 hours.

Intermediate: Mixed terrain.

Average distance may be testing for some, but within most people's reach.

Longer day - Up to 6 hours.

Hard: Technically and/or physically difficult.

Experience a must.

Longer tougher day to push your skills - 5-6 hours and over.

#### “Hard +” Events

Primarily these would be walks (including scrambling) in high mountains and/or in winter conditions, but could also be very challenging cycling events.

They can be one-off day events, or be part of a Club weekend, or a longer trip away.

On such events the risk is inherently greater.

Leaders of these events are expected to give clear instructions to Club members before such an event, outlining not just the route and expected conditions, but also the maximum number of people that will be able to join them.

Leaders should ensure that they are comfortable with the ratio of ‘experienced’ to ‘less-experienced’ members attending the event. They need to be able to explain to members, in a considered and reasonable manner, why they may not be able to take them on the event, at that particular time.

If you wish to attend these events you need to have the required equipment and have some experience in how to use it. You need to be prepared to discuss your experience and expectations, in a considered and reasonable manner, with the event Leader, and accept any judgement they may make, either before or during the event.

The Club encourages members who wish to participate in such events to attend suitable courses in winter skills.

The Club has no liability for members attending such events and it is imperative that you ensure that not only are you suitably skilled and experienced, but that you have personal insurance to cover you for all activities that you participate in.

#### Climbing

Beginners are welcome by arrangement with the event organiser, in order to ensure that there is an adequate ratio of experienced to new climbers.

#### EQUIPMENT / KIT REQUIREMENTS :

##### Hiking

The following kit is recommended:

- waterproof jacket and trousers
- boots giving ankle support and good grip - leather is preferable in wet conditions
- warm clothing, gloves and hat
- food including extra food in case of emergency
- drink including plenty of water in summer
- spare clothing
- first aid kit
- survival bag
- a rucksack to put it all in!

Jeans are dangerous! They stay wet, leaving you feeling cold. In general, cotton clothing retains moisture and is best avoided, but there are plenty of alternatives available – a good outdoor clothing specialist can provide advice

### Cycling

Please remember that your bike should be functioning and roadworthy (tyres and brakes in good order).

We recommend that you take for your bike:

- a pump, a puncture repair kit and spare inner tube
- for evening or winter bike rides – LIGHTS!

We recommend that you take for you:

- a helmet - strongly recommended
- the usual protective high-visibility clothing
- some fluids and snacks appropriate to the ride.

### Climbing

Members on Club climbing events should ensure that they have the appropriate equipment for the event they are attending.

If the climb is at an indoor climbing wall, hiring kit is usually an option. For outdoor climbing you will need your own rock shoes, harness (in good working order) and a helmet.

## **Specialist Events**

When instruction is given on specialist events, members must comply with safety recommendations given by the instructor/organisation. Appropriate safety equipment will either be specified or provided by the instructor/organisation.

## **Health**

Event leaders need to be made aware of any medical condition which may compromise the safety of an individual or of the group.

## **Travel to Club Events**

Members should note that arrangements for, and costs associated with, travel to and from any Club event is the responsibility of individual members and not the Club or event organiser.

## **Getting Along**

Fundamentally, we are a group of friends who enjoy doing adventurous things in the outdoors. Of course this may generate tensions at times, but we expect club members to be courteous to other members on events, and when communicating via phone or in writing.

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