



Guidelines for all participants.

1. Participants in club activities should be aware that they are responsible for their own actions and decisions. **"By signing on the Walk Sign-on Sheet at the start of a walk each participants accept that mountaineering is an activity with a danger of personal injury or death, that they are aware of these risks and shall take part at their own risk and abide by these guidelines and any others issued by the leader or the committee"**.
2. Walk leaders are experienced members of the club with personal skills necessary to lead a group safely on the planned route. Bear in mind that the leaders are all volunteers and should be respected as such. They are only facilitating a group activity with responsibility shared by all the participants. The British Mountaineering Council (BMC) in their Club Guidance Notes strongly recommends the following is understood: **"Any person involved is aware that those that might be perceived of as "in charge" are not necessarily qualified, do not need to be qualified, are not regarded by the Club nor regard themselves as "technical experts", but are amateur climbers, walkers or mountaineers with some experience who are happy to impart their knowledge, and that any advice given be viewed with this in mind by the recipient"**.
3. Prospective new members must contact the club's P.R.O. ((Brian Jacob 051870395) to make arrangements to come out with the club. Those turning up at the Hypermarket or on the mountains will not be accepted without prior arrangement. The club contact will have notified the leader of any newcomers to be expected on a walk. Newcomers must pay up membership after the two mandatory introductory "C" walks if they wish to participate further.
4. It is irresponsible to go on a walk if you are unwell or injured, you should select a walk that matches your ability and fitness level on the day. If in doubt, err on the side of **caution**. If going on the walk you should, out of courtesy, inform the leader.
5. Don't assume that because it is hot and sunny at sea level that it will also be like this in the mountains. Temperatures drop by 1°C for every 100 m of ascent not including any wind-chill felt due to increased wind speeds at higher altitudes. In addition it rains more in the mountains.
6. It is the individual's responsibility to be adequately equipped. The leader has the right to refuse **anyone** who is not adequately equipped, or anyone who in the leader's opinion is unfit to walk.
7. The leader has the right to extend, curtail or alter the route from that described at the start of the day.
8. All walkers have a duty of responsibility towards the leader and the group as a whole. This means that Members must not do anything to undermine the responsibility of the leader or the safety of the group. Walkers must follow all reasonable instructions of the leader.
9. If you find you are on a slower level walk than desired then you must adjust your pace or else organize your own group and sign off the walk with the leader's consent.
10. The decision to divide a walk into fast and slow groups or long / short day rests solely with the leader. Participants must not go too far ahead of the group and should be within sight or earshot at all times.
11. If a walker has to leave the group during the walk to head back early, etc., they must out of courtesy inform the leader of his / her wish to do so and they must sign off the walk. The walker is no longer part of the club walk on leaving the group but out of courtesy must inform the leader on safe return to the cars before heading off (e.g. phone, text).
12. If a walker needs to stop, for whatever reason, while the main group is walking they must inform another walk participant and ideally the leader or sweeper / back-marker if one is appointed.
13. It is the responsibility of members to sign-off the walk on finishing the day before heading off. This could help prevent un-necessary Mountain Rescue call-outs as it will then be known that everybody is safely off the mountain.
14. **The committee of the Comeragh Mountaineering Club asserts that no walk leader can be held responsible for the welfare of individuals participating.**
15. Participants should be aware of possible hazards on the mountains, these can consist of but are not limited to: fog, cold, ice, wet, wind, hypothermia, heat, dehydration, steep grass slopes (slip/slide), loose rocks, scree, slippery rocks, holes hidden by vegetation, hidden rocks, stream/river crossing, electrical storms. Always be aware of where you are, the potential risks around you and act accordingly.
16. Be familiar with the club's recommendations on gear.
17. Participants should be aware of the other participants in the walk group and have a duty of care towards them and share the responsibility of accounting for them.
18. It is expected that people develop their skills and avoid a being led mentality (e.g. attend development training by the club or other organisations).
19. Be aware of environmental conservation, "leave no trace motto".
20. Participants should complete the route card in a clear and legible manner. This can be important in the event it needs to be referred to in the case of an incident.