



## **Guidelines:**

1. Walks Guideline for all Participants.
2. Explanation on Grades of Walks.
3. Route Card.
4. Guides on Gear and Equipment.
5. Guides on Safety (web links and reading recommendations)
6. Guidelines for Away Trips.
7. Guidelines for Walk Leaders.
8. Constitution - incorporates philosophy and values of club.

## **Annual Development Program:**

1. Safety Awareness and Dealing with Accidents and Emergencies
  - minimum one class based session
  - will include review of: Walks Guideline for all participants; Route Card; Guides on gear and equipment
  - may include video on safety.
2. Navigation training
  - minimum one class based session
  - minimum one outdoor based session.
3. Rope and Technical Skills
  - minimum one video
  - practical on location based demonstration, if sufficient interest.
  - rock climbing practice weather permitting, if sufficient interest.
4. Walk Leaders Meetings
  - minimum one
  - used to provide:
    - forum for leaders to raise and discuss items of interest
    - forum to review experiences on walks
    - provide insight to approaches to leadership
    - discuss leader attributes
    - forum to review and develop approach to walks/events.
5. Sharing Experiences - encourage members that have gone on challenging expeditions to present video, slide shows or discussions at club weeknight events to share their experiences with club members and so aid developing general awareness in club.
6. Facilitate Communicating to members Training Programs offered in/outside Ireland (e.g. provide links on club web site). Encourage participation and personal development. Promote use of the clubs library by members as a source of information.
7. Consideration to Other Possible Program Items:
  - using a GPS
  - first aid in a mountain situation
  - using electronic mapping software
  - care for the environment (e.g. leave no trace)
  - presentation by experts external to club (any topic related to club activities).