

Step Out at SWFC

The Wednesday Walk on Thursdays



Information sheet for walkers

Welcome to 'The Wednesday Walk on Thursdays'!

We hope you enjoy our walks and will continue to walk with us in the future.

TWWoT started in October 2018 as a 'Ramblers Walking for Health' walk, but we became frustrated by the restrictions they placed on us so in February 2020 we went our own way. We are still a Health Walk, following the guidelines established over 20 years ago that walks should be free and have trained and experienced leaders, and our walks are open to anyone.

Our usual walks are designed to challenge our regular walkers, being (usually) hilly, along footpaths and often over stiles, but if that sounds too much for you to start with, we will put on a shorter, flatter walk to suit your needs, and you can build up to longer walks in your own time.

We use a minibus to get to walks away from the Stadium, anywhere within 20 minutes' drive, and all our past walks are on our website – but if you are familiar with an area, let us know and we will try to include it in our walks.

There is tea and biscuits for after the walk, when we can sit down for a natter and plan future walks.

Some information you will need to know:

- All our walks are led by trained, experienced volunteer leaders.
- Our Health Walks are limited to about 90 minutes or three miles, and unlike most health walks, we tackle hills, stiles and footpaths. We do accommodate all walkers though, by putting on an alternative walk that will suit you whatever you are capable of.
- Although the walk is usually no more than 90 minutes, we may also have travel time of up to 20 minutes each way so we may not get back to the stadium before 3:00 pm. We then have 'tea and biscuits', but we always finish before 4:00 pm.
- Don't try to keep up with the leaders (unless you want to) – you'll never be left behind. If you want to drop out for any reason (to do some shopping?), please make sure one of the leaders knows.
- While we do our best to accommodate everybody, the leaders may refuse to take some people on a walk if they believe it would not be safe for the walker or for the rest of the walk.
- **We are unable to provide one to one support. Under 16's and vulnerable adults must be accompanied at all times.**
- **Please read our social media policy before taking photographs on our walks, or if you do not want your picture used in our publicity material.**

When you first come along on a walk you will be asked to complete a registration form. This is a short form collecting your contact details and information we need to organise the walks and keep in touch. This information is not shared with anyone other than SWFC CP (for insurance purposes). Some anonymous bulk data is used (e.g. ages, where you found out about the walk, etc) to help us target fundraising and recruitment drives. All confidential data is held securely.

If your contact details change (e.g. because you change your phone, email address or move to a new house) please complete a new form so we can arrange for your details to be updated.

We ask you to tell us if you have any medical conditions we need to know about, so we can help you stay safe on the walks. If you prefer not to write this down (or if anything has changed) please tell the walk leader at the start of the walk.

If at any time you feel unwell on a walk, please make it known to a walk leader and they will look after you.

Start the walks at **your** pace and progress at a pace you are comfortable with! Our walks are meant to be enjoyed, not endured, so do things at a speed that's suitable for you. If you can walk briskly the benefits are tremendous, but *any* walking is better than none. If you can't talk while you walk, you're going too fast.

Listen to your own body. If something hurts, tell a leader. Look after yourself.

Please wear sensible clothing and footwear. We understand not everyone is comfortable in walking-boots but be aware that on many of our walks you may encounter water, mud and uneven surfaces, so come prepared, and bring along your medication (e.g., inhalers) if required.

In Case of Emergency – We are not allowed to hold details of your emergency contact, but if you do not carry one, we can provide ICE cards for you to carry. We strongly advise you to carry one (either ours or another) at all times.

Please see our Privacy Policies and Social Media Policy on <http://twwot.uk/privacy> to see how we use and look after your data.

For more information about these walks, including program for the next month, please see <http://twwot.uk>, email twwot@twwot.uk or phone John Pearson on 0114 221 2150

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