



## Health & safety policy

**Adopted:** at AGM dated 22<sup>nd</sup> February 2005

**Signed:** Maureen Cannon, Chairperson  
Geraldine Carty, Secretary

### 1. BACKGROUND

The Bluestack ramblers was formed in May 1995 after a group of regular walkers got together and organised a walk to of a WW2 plane crash site in the midst of the Bluestacks, as a response to the Cospoir "be active, be alive " campaign. The walkers involved decided to form the Bluestack ramblers in order to promote walking as beneficial form of exercise and to lead walks in a safe an environmentally friendly manner.

### 2. SAFETY POLICY

Hillwalking is a potentially dangerous activity. It is the intention of the committee to ensure as far as is reasonably practicable the safety of all members whilst on walks and to put the necessary resources in place to achieve this as listed below. As some walks take place on private property, the committee fully recognises the Occupiers Act liability act of 1995 and subsequent amendments. The club is insured and recommends that all members take out personal accident insurance.

### 3. FIRST AID

All leaders must carry first aid kits appropriate to the nature of walk and have the necessary first aid skills to use such kits.

All members will be encouraged to further their first aid training and to up-date their skills whenever possible.



#### **4. EMERGENCY PROCEDURE - Accident report Sheet/Log**

Where first aid is necessary in the event of an accident the incident should be recorded as per attached report sheet.

All incidents, whether medical or non-medical, should be recorded by the walk leaders and submitted to the club secretary within 72 hours of the event.

#### **5. TRAINING OF MEMBERS**

The club shall conduct its own in-house training of members in the basic skills of map reading, Navigation and other activities associated with Hillwalking and Mountaineering, Designated training officers approved by the committee shall conduct in-house training and arrange external training courses subject to approval of the committee.

Training officers shall encourage all members to improve their skills whenever possible.

#### **6. MINIMUM REQUIREMENTS - before a planned walk can proceed**

Walk leaders are acting as representatives of the club and as such they must be approved by the committee before leading a walk and should have the necessary leadership skills that are appropriate for that walk.

Leaders must make the appropriate arrangements with local land owners where possible to cross private property, the route and any possible dangers must be discussed with all walkers before the start, ensure that all walkers are dressed and equipped in an appropriate fashion.

Leaders must remind all walkers of the countryside code; all members must sign in before a walk acknowledging the personal risk involved.

**Leaders should ask all members to notify them of any medical condition that may affect them during the walk.**



## **7. WALK CLASSIFICATION**

The club aims to cater to all types of recreational walkers, to this end the level system has been introduced

### **Level 1**

Short (1 -2 hours) low level walks on road, track or beach, suitable for all ages and ability, good footwear and waterproof clothing required.

Must have at least one leader with good local knowledge of the area and 1 member with an appropriate first aid qualification

### **Level 2**

Short (2-3 hours) low-level walks on track and undemanding hills, average fitness and agility, waterproof and non-slip boots, waterproof clothing, Food and water required. Must have at least 2 leaders ideally with good local knowledge of the area and ideally trained to MS, Countryside Guide or WGL standard or recognised equivalent and ideally possess a REC 2 or equivalent qualification.

### **Level 3**

Long, (3+ hours) high-level walks on track and demanding hills. Walkers should have good fitness and agility and must be comfortable on steep ground. Waterproof non-slip boots, waterproof clothing, Food, hot drink and water required.

Must have at least 2 leaders ideally with good local knowledge of the area or experienced navigators and route finders or with experience of MS, WGL, ML or recognised equivalent and ideally possess a REC 2 or equivalent qualification.

### **Level 4**

Time variable, technically and/or physically demanding. Waterproof and non-slip boots, waterproof clothing, Food, hot drink and water personal first aid kit, map, compass, bivi bag and whistle required.

All level 4 participants should ideally be self-sufficient

## **8. ENVIRONMENTAL CONSIDERATIONS**

All leaders must be aware of the environmental impact that walkers have on the environment, routes must be chosen to minimise erosion of footpaths, and to avoid disturbance of plants and animals.



**SECTION A: Incident Report Form**

Date		Time		Terrain	
Location			Grid Reference		
Cause					
Injured person			Contact Number		
Nature of injury					
Action Taken					
Witnesses					
Leader			First Aid		
Other info					