***Alveley Strollers and Striders Walking Group***

**Walking for ‘fitness, fun and friendship’**

**By joining a Strollers and Striders walk anyone can explore the many footpaths around Alveley and Romsley including Hampton Loade, Highley and Arley. These ‘health walks’ roam through the beautiful area around the Severn Valley Country Park with wonderful panoramic views.**

**Walks start at 10 am every Tuesday from The Three Horseshoes car park including “Away Walks”. Walkers are advised to arrive 10 minutes earlier to register for either a short walk (about 90 minutes) or longer walk (between 2 and 2.5 hours).**

* All walks are devised with regard to the safety and wellbeing of the walkers, and are covered by public liability and personal injury insurance.
* Every walk has both risk and route assessments.
* There are two weekly walks (of approximately 90 minutes and 120+ minutes) in order to cater for walkers with different levels of fitness and capability. The Strollers (B group) do shorter, less demanding walks. The Striders (A group) do longer, more challenging walks including stiles.
* “Away Walks” are on the third Tuesday of every month (except December and January) and bring both groups of walkers together.
* Every walk is of a predetermined duration which is made clear before the start of the walk.
* All walks are led by TWO trained leaders, one at the front and one at the back of the group, carrying whistles and wearing high visibility vests.
* Every walk is pre-walked by the walk leaders.
* If there are stiles, steps or other potential difficulties the walking group is told before the start of the walk.
* During the walk possible hazards are brought to the walkers’ attention.
* A system of signals using whistles is used to communicate instantly with the group (eg. to notify of approaching traffic).
* Rest stops are always incorporated, especially during longer or more strenuous walks.
* It is a walker’s own responsibility to wear clothing appropriate for the weather conditions and footwear appropriate for the ground conditions.
* Walkers are advised to always have drinking water with them in warm weather.
* For health and safety reasons we do not accept dogs or unaccompanied children.

**For more information please ring Andrew Crabtree on 07712 389131**

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New walkers are always welcome to join at any time. To register for a walk please print and complete this registration slip and bring it with you to the walk.

**I take responsibility for my own health and safety, and will seek medical advice when necessary. I also accept that I walk with Alveley Strollers and Striders entirely at my own risk.**

**Signed** ……………........................................................ **Date** ….…/………/………..

**NAME** ………………………………………………………. **TEL:** ...........................................

**ADDRESS** …………………………………………………………………………………… **POST CODE**…………………

**EMAIL** ……………………………………………………………………………

**EMERGENCY CONTACT** (name) ……………………………………………. (Tel:) ……………….……………….