

# Trekking Safety Guidance

- Timings are generally tight due to being a challenge event. In the event of falling behind the scheduled timings there is a risk of logistics being affected and getting back on time. In these situations, leaders may decide for alternative arrangements based on resources available to finish your challenge early.
- Avoid faffing. Put boots on in advance, be organised, treat hot spots before they develop into blisters, use toilets as soon as they are available, dress for conditions, don't spend too much time taking photos.
- We aim to keep the whole group together for as long as possible unless a split into faster and slower teams is necessary. Participants towards the rear must group tightly together. It is likely there will be a range of paces but we cannot allow a chain of people at the back to string out and drain leader resources.
- Try not to burn yourself out too early on. Keep a steady pace and breathing on ascents.
- Challenge events are about getting the whole team back safely. It is not a race. Those at the front cannot finish before those at the back – you need to work together as a team.
- We will need to ensure stopping and clothing adjustments happens in sync. Avoid over-layering right at the start or you will all be stripping layers as soon as you start walking.
- If you are clearly not fit enough to make the challenge safely in the maximum allocated time through not putting in training, or you are unlucky in sustaining an injury, you may be asked to join a slower group or sit out the rest of challenge if or when this is an available option to ensure other members have the best chance of completing the challenge.
- Follow the advice of your leader at all times. Your Leaders decision is final based upon safety and wellbeing of participants.
- Stick close together in your group within visual and audio range.
- Don't walk off by yourself and keep as a tight unit. Let someone know if you need a quick toilet stop
- Update leaders on any recent medical issues before setting off. If you have a medical issue of concern, please communicate immediately to your leader. If there is an injury in your team you may also be required to help.
- Be very wary of using walking poles close to path edges as over reliance can lead to pushing through weak edges and you could topple over resulting in a fall.
- Drink plenty of fluids. We recommend to carry a spare small bottle of electrolytes for when you need it. Sip fluids every 10-20 minutes and take light bites 30-40 minutes.
- If your leader has a serious medical issue and needs emergency assistance, please call 999 and ask for mountain rescue. Download What 3 Words and OS Locate to mobile phone in advance. Send a minimum of 3 people to get signal in an emergency.
- Make sure to do a final kit check before setting off. If any key items are not up to scratch you will need to see what other people or local shops/supermarkets have available.
- You must have the right kit otherwise it simply isn't safe for you to participate.
- Please keep your numbered wrist band on you at all times.
- Be courteous to members of the public. You do not have right of way over anyone else.
- Take care whilst crossing roads. Avoid using phone or other distractions whilst doing so. Never take someone else's word for being safe to cross.
- If walking on paths with steep ground or deep water on one side, stay on inside of path furthest away from the source of the risk. Take extra care on wet ground or rock. Do not assume the surface will hold you. Test each foot in challenging terrain.
- Stay hydrated and eat good food for your nutrition.
- Finally, look after & support each other.

**Well done on your fundraising efforts & best of luck to everyone!**