

Valeways Walkers Guidelines

August 2022

When attending a Valeways walk we ask that you:

- Dress appropriately for the weather conditions, bring drinking water on hot days and wear strong, but comfortable footwear.
- Do not attend walks when under the influence of alcohol or recreational drugs.
- Do not bully or harass other walkers (definitions available in the Valeways Anti-Bullying and Harassment Policy).
- Follow the instructions provided by the walk leader.
- Always tell the walk leader if you want to leave the walk before the end of the walk.
- Ensure that children under 18 years and vulnerable adults are accompanied.
- Do not bring dogs (unless the walk is designated suitable for dogs).

In addition we operate walks strictly within a set of Covid guidelines (version 1 dated 1st June 2022):

The Welsh Government has removed all Covid restrictions, with the exception of a few involving health and care settings, and put the onus on the individual to look after their own wellbeing. With that in mind Valeways Trustees have decided that all the Covid guidelines they had in place during the pandemic should be suspended and replaced by two simple statements:

1. Each individual walker is responsible for their own wellbeing and they should take whatever measures they deem suitable to maintain their wellbeing.
2. If any walker feels unwell, will they please refrain from joining any Valeways event until they are feeling better.