



SDOS Outdoor Meetings Safety Guidelines for Members & Guests

We want everyone to enjoy our walks and outdoor events, so please follow these simple guidelines:

- All participants on SDOS walks will be expected to familiarise themselves with the relevant risk assessment in advance. Risk assessments may be found on our website & will give you guidance on clothing, footwear & other relevant information to enjoy the walk.
- Please park your vehicle with due consideration for residents & other road users.
- If you decide to leave the walk before the end then please inform the leader.
- If you have a mobile 'phone, put an emergency contact number in the inside cover or failing that in your pocket.
- Participants should listen to, accept & follow the guidance of the walk leader, particularly safety instructions & generally help to ensure the safety of all those attending.
- If you have a health concern that could impact on the walk then please inform the leader (in confidence) before commencing the walk. The information & notifications relating to all our walks include details of our leaders, together with their mobile 'phone number should you wish to contact them in advance.

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Updated by: Tony Letchford

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