

## **Kilbroney Ramblers Club Rules**

This hill walking club was set up in April 2013 specifically to cater primarily for 50+ age group.

### **Applications and Fees**

From 1st of January 2024 the Club's membership fee is £35. Walkers who join the club after 1st October pay a fee of £25. A membership form and fee must be submitted to the Club each January, or 1st walk thereafter.

**Membership Form can be found on the home page.**

### **Rules of the club:**

1. Membership is primarily for the 50+ age group (we don't have a strict minimum cut-off point at age 50, but the ethos of the club is to encourage the 50+ age group to enjoy the outdoors, to experience the health, well-being, and social benefits that hill walking brings).
2. Only 2 free walks for non-members (insurance cover allows new potential members to take part in 2 walks only).
3. No dogs allowed on any walks.
4. Leave no trace (not even a banana skin or an apple core).
5. Prospective new members (who are not members of another hill walking club) must first come on a T walk and can progress to grade C, C+, and later to a grade B walk depending on their level of fitness.
6. On all walks, walkers should have waterproof walking boots with ankle support, coats, and over trousers. Refer to our website for a full list of recommended clothing and equipment.
7. The walk leader can refuse to take a walker on the hills if they are not wearing the proper boots and clothing. The leader can also refuse to take a walker on their walk if they are not up to the standard of that grade of walk.
8. All walkers must stay behind the leader in charge, and in front of the leader at the back of the group.
9. A member must not do anything which brings, or would be likely to bring the club into disrepute. In the event that the club committee decides that a member has brought the club into disrepute, it may upon notice by email (or otherwise where email is not available) to the member, immediately suspend or end the membership of such person.

### **Conduct of walkers:**

Respect farmland and the rural environment.

Leave all gates as you find them.

Always use gates, stiles, or other recognised entry points.

Avoid entering farmland containing livestock.

Protect wildlife, plants and trees.

Take all litter home. Do not leave any trace of wrappers, fruit etc.

Do not block farm entrances when parking.

All walkers must follow the instructions and advice of the leaders at all times. This is to ensure the safety and welfare of all walkers participating on walks.

### **Safety:**

On descents special care should be taken as most accidents happen on the way down, often as a result of slipping on wet ground or wet rocks. On steep or rocky descents, it is essential for each walker to keep a distance of several metres, from the walker in front.

It is necessary particularly in hot weather to drink plenty of fluids to keep hydrated.

We suggest that high visibility jackets or high visibility rucksack covers be used in poor weather. It makes it easier to see the leader or even the person in front of you and if we ever had a situation where somebody became detached from the group there would be a much better chance of locating them if they were wearing brighter colours.

### **Personal Responsibilities:**

It is the responsibility of each member to notify the walk leader if they have any medical condition which they feel the leader should know about, are unsure of their fitness and/or ability to undertake their chosen walk, begin to feel unwell during a walk, need to leave the group e.g. for a toilet break.

### **Disclaimer:**

Hill walking is an activity with a risk of personal or fatal injury. Club insurance is there only to provide public liability cover to Leaders and Committee members in the event of an incident. The Club does not carry personal injury insurance. Each member is responsible for their own Health & Safety, actions and involvement.

Club insurance is provided by the Ulster Federation of Rambling Clubs and details can be read on their website at

[www.ufrc-online.co.uk/about/club-insurance/](http://www.ufrc-online.co.uk/about/club-insurance/)

Each member should follow the Leader's instructions and wear suitable clothing and

footwear.

*(see the [Equipment Page](#) for a list of recommended clothing and equipment for hill walking)*