



BANBRIDGE DISTRICT U3A

A Member of the Third Age Trust



The walking group is growing in numbers and new members need to be aware of issues such as safety and personal responsibility, which are basically a matter of common sense. The walks are mostly on back country roads and farm tracks and some along coastal paths or in the low Mournes and all are around six miles in length.

Walks are personally risk assessed by the organiser, Kit Wright, and are planned to stay away from busy roads and identified hazardous areas such as water, very steep gradients and difficult obstacles that require unnecessary and risky climbing. However, it is inevitable that the walks will encounter local traffic and farm vehicles and short stretches on busier roads are unavoidable at times and these will be explained in advance. There will also be obstacles such as gates and ditches which the group will encounter when unforeseen problems such as flooding or extensive patches of farm muck get in the way and the group need to divert.

When the group encounter a vehicle the strict rule is:

- **Drop to single file**
- **Stop**
- **Tuck in to the side of the road until the vehicle has passed.**

Every group member must be aware of their responsibility to other road users and respect their safety too by not forcing them to make a risky manoeuvre to avoid our negligence or inconsideration. This must be strictly observed.

It is also recommended that each member wears something that makes them visible to other road users.

These safety issues are necessary and they do not impinge on the enjoyment of the walk if observed properly, in over three years we have never had an accident or even a close shave and as stated above it is really a matter of common sense.