



# Staffordshire Centre



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## **National Trust Staffordshire Centre - Guidance Notes For Walkers**

All those who join our walks do so at their own risk and are responsible for their own safety. It is the walker's responsibility to ensure that: -

- You book a place in advance on the walk on the website Book A Walk page or directly with the Walk Leader, using the contact details provided in the News Bulletin.
- You wear appropriate clothing and footwear.
- Carry a first aid kit suitable for minor injuries such as blisters, bites, cuts and sprains.
- Keep in sight of those walking in front of you and behind you. When turning off path, check that those behind know where to go.
- If you do lose touch with the party and are unable to contact the leader, stay where you are or return to the last known point on the route.
- Observe the Country Code
- Walk in single file across cultivated or ploughed land.
- Walk on the right-hand side of roads in single file facing oncoming traffic, or as otherwise instructed by the leader.
- Walkers with a smart phone are recommended to download copies of the St John Ambulance and what3words apps if possible.