



# The Probus Secundus Club, Harpenden

## GUIDELINES FOR ALL ACTIVITIES

### Introduction

**Members are responsible for their own safety and welfare and that of any guests they may invite when attending any activity, event or meeting organised by the Club. They must always comply with the Club's updated guidelines set out below.**

### Club Events

Outings, Trips & Walks have been arranged for members of Probus Secundus and their guests by the Events Sub-committee for several years, and they have been a success and are popular with the membership. Events (Outings, Trips & Walks) are arranged by members of the Events Sub-committee, Walk Leaders or by other members for Bucket List events, who are generally experienced in such arrangements and it is the practice to advise members of the nature of the event, the programme and any noteworthy features.

In these Guidelines:

- An outing is understood to be an event that takes place within a day and may involve travel by car, coach or train.
- A trip is understood to be an event that takes place over one or more days and is likely to involve a combination of travel by car, coach, train, boat or air and will also involve overnight accommodation.
- A walk is understood to take place within a day from a designated start point to a designated finish.

### Sporting Activities

Any sporting activity (such as Golf) undertaken under the auspices of the Club are undertaken solely at each participants risk and the Club accepts no responsibility. Members who do participate should make sure they have in force appropriate insurance cover for any damage or loss they may cause or sustain.

### Insurance

For Probus Secundus's Insurance to be valid, it is a requirement under Health & Safety that a Risk Assessment is carried out and that members be advised of the details of the event.

The policy specifically excludes participating in sports including golf, bowls or snooker.

These Guidelines provide general advice that is relevant to all events that are arranged by Probus Secundus. The current practice of advising members of the nature of the event, the programme and any noteworthy features will continue.

## Guidance

It is the responsibility of the member, and any companion, to determine that their level of health and fitness is compatible with a proposed event. Each member or companion must also be aware of any Government or other health or risk guidance that is current at the date of any Club activity and decide whether that activity is appropriate and safe for them.

***Pilates and exercise:*** No member should take part in any Pilates or other form of fitness class unless they believe that participation is appropriate for them having regard to their, age, health and general fitness. Participation is solely at each Member's risk.

***Clothing:*** Due consideration should be given to the appropriate clothing for the activity, time of year and the weather conditions. A waterproof jacket is a useful protection against any changes in the weather.

***Footwear:*** The majority of events involve some walking and appropriate footwear should be worn. It is at members' discretion to decide suitable footwear.

***Fitness:*** Each member must bear in mind that they will have different levels of health, strength, and fitness.

***Walking poles / sticks:*** Members may consider these useful aids to ensuring an enjoyable and safe outing, trip or walk.

***Travel:*** Members and guests should be aware that outings and trips will normally involve mounting or alighting from a coach or train.

***Venues:*** The majority of venues have carried out their own Risk Assessments, and any Notices/Advice should be adhered to. Some venues could include steep and/or awkward staircases and members must make their own decisions about their ability to undertake such situations. Members must follow any instruction from a Local Guide.

***Accommodation:*** The accommodation booked by the Event Organiser will almost invariably have carried out its own Risk Assessments and any Notices/Advice should be adhered to.

***Travel Insurance:*** It is a requirement that members and their companions have a valid Travel and Health Insurance Policy for any trips overseas and that members carry a copy of the Schedule and the contact numbers, when calling from overseas.

***Medication:*** Members should carry any medication that could be required during an outing, trip or walk.

***Communication:*** The Event Organiser will carry a mobile, but members should bring their own mobile to cover any eventuality.

***Walks:*** These may involve walking through muddy or slippery terrain and on public roads, and negotiating gates and styles. Some fields may contain livestock. No member may bring a dog or other animal on a walk.

**It is the responsibility of members to have read these Guidelines and the information provided by the Event Organiser for a particular outing, trip or walk.**