



East Cheshire Ramblers - Training for Walk Leaders

Thursday 9th February 2017 at Macclesfield Tennis Club 10 a.m - 4.30 p.m.

This Training Day is designed for potential, new and inexperienced Walk Leaders who wish to learn in a friendly group environment so that they may then join their colleagues in helping ECR to continue to provide an amazing Programme of over 300 walks each year.

The Day will be led by Paul Booker, Mountain Instructor, Lindley Educational Trust, together with his highly experienced "Outdoor Activity" Tutors. Paul has run our "Incident and First Aid" Training Days successfully for several years.

We will cover all the elements of Walk Leadership including:-

- ❖ choosing and planning your route and conducting the Recce.
- ❖ Using the ECR website to publicise your walk and to find lots of resources for walk leaders on the Ramblers Association National website.
- ❖ Check list of Key actions in the two days before the walk.
- ❖ The Day of the Walk:-
 - Meeting and Briefing your group
 - The role of the Backmarker
 - Leadership during the walk
 - Keeping the group together
 - Dealing with challenging issues or incidents
 - Actions at the end and after the walk.
- ❖ Basic Map reading skills
- ❖ Basic Compass reading skills
- ❖ Ramblers Association Insurance Policies and Incident Reporting procedure.

Four experienced ECR Walk Leaders will be on hand to share their knowledge and to provide on-going mentoring and support to help you put into practice what you have learned.

For further information or clarification please contact John Edwards or any member of the Committee.

Please book early to secure one of the 12 delegate places by writing to Jane Gay, Social & Events Secretary, 13 Cherrington Crescent, Macclesfield SK11 8LA together with your cheque for £10 payable to "RA East Cheshire Group" and **include your email address** for an acknowledgment and follow-up correspondence including, nearer the date, joining instructions and the full Programme. The Committee is subsidising the rest of the cost but feel it is reasonable to ask for this relatively small contribution from course delegates.