Manx Footpaths Conservation Group

Affiliated to The Ramblers

GENERAL GUIDELINES FOR WALKERS

The Manx Footpaths Conservation Group (MFCG) takes the safety of all participants on its walks as a priority and wants to maintain the enjoyment of sociable group walking around our beautiful island. Here are a few general guidelines for members/potential members and visitors to achieve maximum enjoyment for your MFCG walk.

- All those taking part in club activities do so at their own risk. All walkers have a duty of care to ensure the safety and wellbeing of themselves and fellow walkers.
- Walkers of all abilities are welcome to join us. All walks have distance and terrain guidelines (see 'Frequently Asked Questions' on the website – manxfootpaths.org). Hopefully there is a walk for everyone so please choose a walk that you feel best suits your fitness level. If in doubt, the Secretary – secretary@manxfootpaths.org – will be happy to assist or advise in any way possible.
- Some walkers may have minor problems seeing, moving, hearing, or other issues. Members of the MFCG are known for helping each other. If in doubt, please contact the Secretary – secretary@manxfootpaths.org – who will be happy to assist or advise in any way possible.
- All ages of walkers are welcome. Walkers under the age of 16 who participate in a MFCG walk must be accompanied by a responsible adult.
- Generally, walks are risk assessed for their general safety, but all walkers walk at their own risk.
- The Walk Leader will inform you of the walk route and any safety concerns at a short briefing before the walk starts.
- Please wear appropriate clothing and footwear. The weather can change rapidly on the island, so layers and waterproofs are advised at all times of year.
- If you have medication that you could potentially require on the walk, it is your responsibility to carry and administer it if necessary.
- If you feel the Walk Leader should be aware of a particular medical condition, please advise them of this before the walk commences.
- Please do not walk in front of the Walk Leader or behind the Back Marker without agreement. If you require a comfort break, please inform the Back Marker.
- If you have any concerns during a walk, please speak to the Walk Leader.
- Where snacks, lunch and water are advised, please bring sufficient supplies for your individual requirements. Many of the walks are in more remote areas of the island where provisions cannot be purchased.
- When walking on roads, please walk in single file and on the right-hand side, unless advised otherwise by the Walk Leader.
- If you decide to leave a walk early, please advise the Back Marker.
- No dogs are permitted on MFCG walks.