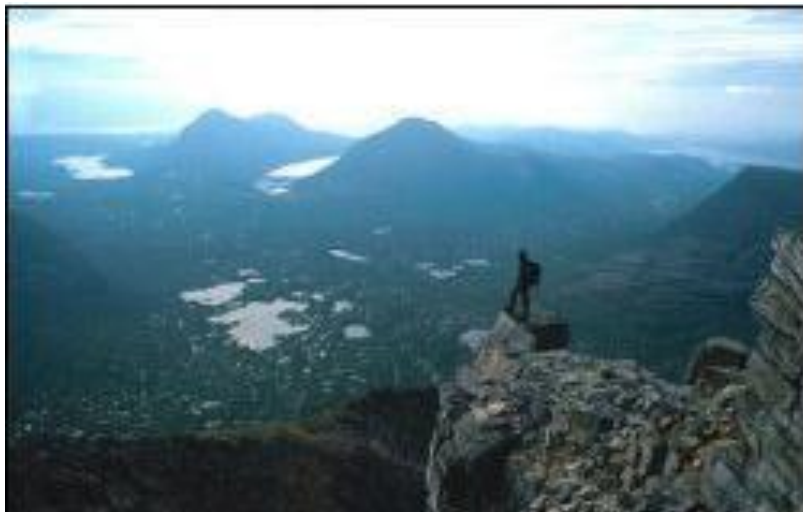




Glenrothes Hillwalkers Club



Information Pack

www.glenrotheshillwalkers.co.uk

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Dear Member

This Information Pack is for all members of Glenrothes Hillwalkers Club, especially less experienced walkers or those who have recently joined the Club.

Our monthly Club walks should have something to suit everyone, whether you are an experienced Munroist or are just wanting to have a lovely day out enjoying Scotland's scenery.

Our monthly evening meetings have speakers on subjects of interest to those keen on the outdoors, followed by a chance for a chat and an update on Club activities.

Club weekends give you a chance to visit farther flung parts of Scotland - the Isle of Skye, Kintail, Assynt and Glencoe are always popular. These also afford an opportunity to get to know your fellow Club members better in a relaxed and sociable atmosphere.

There are various training opportunities available for members who are interested in extending their skills.

The Club website www.glenrotheshillwalkers.co.uk will give you current information about Club activities and has photographs taken by Club members and links to other useful websites.

If the information you want is not on the website or in the following pages please ask another member or a member of the Club committee. This will help us keep up to date with what members need to know.

We hope you will enjoy walking with the Club.

Club Rules

1. Glenrothes Hillwalkers Club organises events for its members. Potential members may have a trial walk with the club and members' guests may go on club walks provided there are transport vacancies, but they are not covered by the Club's insurance arrangements. Only members may attend club weekends and training organised by the club.
2. Members are responsible for their own safety and should contribute to the safe completion of the walk by all members in accordance with the guidelines set out in this Information Pack.
3. No dogs are allowed on club walks.
4. Young people under 18 years must be accompanied by their parent or guardian.
5. Members should be properly equipped for each walk and carry adequate spare clothing and food and drink in accordance with the Information Pack guidelines.
6. In accordance with the Outdoor Access Code, members are expected to respect the interests of other people, care for the environment and take responsibility for their own actions.

CLUB WALKS

The monthly Club walk, normally using a coach for transport, is a core part of the Club's activities. We usually plan 3 different levels of walks to suit all ages and abilities, but we also encourage members to plan their own walks in the area. The walk is normally on the 2nd Sunday after the club meeting.

Description of Levels of Walks

- **A** - means summits and ridges, usually including one or more Munros
- **B** - also high level but will be shorter and with less ascent than the A walk, though often including a Munro or Corbett.
- **C** - walks are often on paths and tracks but may also cross open countryside. The route could be steep in parts.

Good Practice on the Hill

The Club seeks to bring together people who enjoy hillwalking in a mutually supportive, non-competitive atmosphere.

Members choose from the three levels of walk normally offered and then walk in a group ideally of not more than 10. If the conditions or terrain suggest that a smaller group may be more appropriate this will be organised. Within each group there should be, as far as possible, a level of fitness, skills and experience to suit the walk selected. Members may form their own group to follow a different walk from that prescribed, as long as this does not affect the bus route or return time. Details of the walk should be submitted to the bus or walks convenor beforehand.

On the day of the walk, the bus or walks convenor or their deputy will appoint a co-ordinator for each group. The role of this member will be to keep a list of the mobile phone numbers of other contact persons, the bus or walks convenor or their deputy and the bus driver in order to communicate progress. **NB.** It is not always possible to get a signal so this cannot be relied upon and does not take the place of normal safety precautions.

Members are responsible for their own safety and should contribute to the safe completion of the walk by all, within the estimated time. Members are also required to consider their own fitness when selecting a walk. In the event of members being unable to complete the walk, at least two others or the whole group should accompany them off the hill.

Members interested in developing their "skills for the hills" are encouraged to take advantage of the wide range of material and training opportunities organised through the Club. – see **Training & Safety.**

Members are expected to:

- be fit and capable for the walks they undertake – if in any doubt talk to a committee member.
- be suitably equipped – see *Kit List*.
- prepare for each walk by studying the proposed route, map and guidebooks and weather forecast.
- carry and use a map and compass and participate in route navigation – see *Training*.
- share the carrying of the emergency group shelter – see *Kit List*.
- share their knowledge and skills with less experienced members.
- make sure the group's co-ordinator knows where they are at all times.
- agree arrangements for breaks, taking into account the terrain, weather conditions and individual needs.
- be aware of/look out for each other – maintain visual and verbal contact – especially important in adverse weather.
- tell the others in the group if struggling for any reason or need to stop.
- be aware of changing weather conditions and the implications.
- agree as a group if there is a need to turn back or use an escape or alternative route in the event of adverse weather, ill health or insufficient progress.
- consider splitting larger groups if changing circumstances suggest this is appropriate – such decisions to be discussed and agreed by the whole group and another contact person identified.
- lastly – ***enjoy their days out on the hill***

TRAINING AND SAFETY

The club aims to help and encourage all members in developing their knowledge, skills and experience of hillwalking. Formal and informal opportunities for learning are made available to those who are interested.

Training may include

- Navigation: use of map and compass for beginners – classroom based and outdoor practical
- Use of GPS
- First Aid
- Rock climbing and scrambling techniques
- Winter Skills – beginners and more experienced

These sessions are generally organised through external providers.

Informal Training

- Experienced members may be available on a volunteer basis to co-ordinate a group to practice navigation on the monthly club walks or at another time to suit. If you would like to be part of such a group, talk to a member of the committee.
- On club walks and weekends many club members are happy to share their skills, knowledge and experience of the hills – so get chatting!

Other courses are organised at various times depending on needs and requirements. Let a committee member know what training you are interested in. If there is enough demand the club will try to arrange it or put members in contact with others who can.

When booking any training where a fee is due, then this must be paid at the time of booking. If payment is not made, then a reservation may be made at the discretion of the relevant club officer and the reservation confirmed within 3 days by sending a cheque to the appropriate club officer.

Members are reminded that climbing, hillwalking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement. The Club provides a range of safety and good practice advice and training for members.

KIT LIST AND CLOTHING

Recommended Kit List for summer conditions

- Walking Boots
- Rucksack, 30-40 litres, line with strong polythene bag to keep contents dry
- Waterproof jacket
- Waterproof trousers
- Hat and gloves – wool or fleece – plus spares
- Emergency survival bag or bivi shelter. Additionally the club supplies *group shelters* for each group to take on the club walks
- Spare warm layer – wool or fleece top
- Gaiters – not necessary for hot, dry weather
- Map - in poly bag
- Compass
- Head torch plus spare battery and bulb
- Whistle
- Personal first aid and medication
- Drink
- Food plus spare food - see *Food List*
- Sun hat, sunglasses, sun cream, midge cream
- Sit mat

Recommended Kit List for winter conditions

As above and add

- Ice-axe *
- Crampons *
- Ski goggles with anti-mist lenses
- Fleece balaclava or similar
- Thick gloves or mitts
- Extra fleece
- Hot drink

*These items should only be used by members who have appropriate training.

Clothing

A layering system of base, mid and outer clothing is ideal, as it can be adapted to the conditions. Layers can also be put on and taken off as required. Many synthetic fabrics perform well and do not cost a fortune, which allows you to get what suits you gradually. Cotton and denim fabrics are unsuitable, as they do not *wick* moisture away from the body. Cotton T-shirts and denim trousers, for example, become heavy and chilling when wet.

FOOD

| | |
|-------------------------|---|
| Some suggestions | Sandwiches Muesli or energy bars Flapjack/fruitcake/chocolate Dried fruit/nuts Bananas/apples/mandarins Hot drink in flask – tea, coffee, soup, juice Cold drink – water/juice/isotonic |
|-------------------------|---|

Allow extra food and drink for unexpected delays or emergencies on the walk.

BUS AND TRAVEL ARRANGEMENTS

Transport leaves from the car park behind Boots the Chemists at Glenrothes Town Centre at 7.30am prompt on the 2nd Sunday after the club meeting.

You can either pay for a seat in person at the meeting on the first Tuesday of the month, or contact the Bus Convener by email or phone. In the latter case, you will be expected to pay on the transport.

In order to confirm the transport arrangements, we need to know by the first Sunday after the club meeting how many members are going on the coach.

Booking Conditions:

If you book and pay for your seat in person, but then fail to turn up in time for the transport for whatever reason, you will not get a refund.

If you telephone and book your seat, but then fail to turn up for whatever reason, you are still liable for payment. A failure to pay will exclude you from any future walks.

If there are not enough members booked to make a bus economically viable, then alternative forms of transport, such as a minibus or car sharing will be arranged.

In exceptional circumstances, such as very low numbers or severe weather, the walk may be cancelled and a full refund given.

The current charge for the bus is shown on the 'Walks' page of the club website.

CLUB WEEKENDS

Club weekends are designed for those who want to do some walking further afield than the Sunday bus would normally travel. The accommodation is generally pretty reasonable and can vary from youth hostels and bunkhouses to accommodation owned by clubs etc. Facilities do vary considerably though.

There are usually separate male and female dormitories and normally showers and washing facilities. It is best to check with the Club Weekends convenor well in advance to ascertain what needs to be taken and what the catering facilities are.

Transport is by car and arranged personally between members going on the weekend. Potential routes are usually discussed the evening of arrival. There are often several groups planning different levels of walk, so get chatting and poring over the maps and you are bound to find something to suit you.

Booking periods for club weekends are quoted on the relevant page of the club website. Payment in full by cash/cheque or direct transfer must be made by the due date to secure a place.

Once a booking has been made there is no refund if you are unable to attend for whatever reason, unless you get someone else to go in your place. This is because the Club pays the cost of the accommodation in advance, and anyone getting a refund without another taking their place would result in a loss for the Club.

Members are advised to:

- Organise their own transport, food and walks – contact the club weekend convenor to discuss car sharing
- Complete a Route Card and leave it in the accommodation
- Give the Route Card for the last day walk to another member not in the same group
- Respect the premises, neighbours and fellow members
- Refer to the safety procedures and advice as for club walks (above)

CLUB MEETINGS

Club meetings are held on the first Tuesday of every month at The Lomond Centre, Woodside Way, Glenrothes, KY7 5RA at 7.30 pm.

Members can book places on the bus for the next club walk and hut weekends. There is usually a speaker giving a talk and slide show on a subject related to hillwalking. After the interval, when members can enjoy light refreshments and meet up with acquaintances and friends, the second part of the evening deals with club business, arrangements for the forthcoming walks, weekends and training courses etc. At the meeting there is the opportunity for members to raise any matters they wish and to exchange useful information.

On club nights, a **raffle** is run to help raise funds for the club. Members are encouraged to support this.

LIBRARY

The library contains a wealth of information on a variety of hillwalking and related subjects. There are also many books, which can be borrowed by members.

CLUB EQUIPMENT

We have a number of group shelters which are usually given out on the bus for club walks on a Sunday but can be used by members at other times.

GENERAL INFORMATION

- Our Annual General Meeting is held in March each year.
- The Walks Programme and Indoor Meets Programme are produced twice each year, one covering from January to June and the second from July to December. The Club Weekend programme is published once each year.
- Suggestions for walks and guest speakers for the club night are always welcomed by the Committee.

The Club is affiliated to **Mountaineering Scotland**, which represents the interests of mountaineers, hillwalkers, climbers and cross-country skiers in Scotland. The Club pays an affiliation fee on behalf of each member and members receive 4 issues per year of Scottish Mountaineer, free civil liability insurance and access to training courses run by the Mountaineering Scotland. Their website www.mountaineering.scot has lots of useful links.

The Club embraces the key principles of the **Scottish Outdoor Access Code** with regard to exercising access rights responsibly. These are set out below.

1. **Respect the interests of other people.** Acting with courtesy, consideration and awareness is very important. If you are exercising access rights, make sure you respect the privacy, safety and livelihoods of those living or working in the outdoors and the needs of other people enjoying the outdoors.
2. **Care for the environment.** If you are exercising access rights, look after the places you visit and enjoy and leave the land as you find it.
3. **Take responsibility for your own actions.** If you are exercising access rights, remember that the outdoors cannot be made risk-free and act with care at all times for your own safety and that of others.