



Walking Club Guidelines



- Please come prepared for the walks (i.e wear proper footwear, bring sunscreen and water, bring any medication you may need during the walk, hand sanitizer, dress appropriately for the weather, etc.)
- Please arrive prior to the start time of the walk
- Take care when crossing/walking along roads
- Pay attention to and abide by all rules of the road and pathways
- Please advise the Walk Leader if you use a walker, wheelchair, mobility scooter, etc. and we can try and make arrangements for you
- Contact the Walk Leader if you wish to bring a guest and we will discuss arrangements
- Please no dogs or other pets (exception for the pet walk)
- Please stay on the given route and alert the Walk Leader if you must leave for any given reason
- Alert the Walk Leader if you need any medical attention
- Please follow all social distancing rules given by the Walk Leader before the walk, for your safety and for the safety of the others around you
- Please return step counters after the walk if you used one
- Try to maintain 2 meters of distance from other walkers when possible
- Walks may be cancelled due to weather conditions. The Walk Leader will contact you with as much advance as possible to inform you if the walk is cancelled/postponed
- Please follow all instructions given by the Walk Leader
- Masks are optional
- Lastly, have fun and enjoy the walk!