

Check Sheet for Walk Leaders

Planning a walk:

1. Agree a date for the walk and type of walk (ramble/easy hill walk / hill walk) with the walks co-ordinator Mary Collins (marycollins20120@gmail.com). The walk will then be entered in the walks spreadsheet and in the club calendar
2. Complete the recce well in advance.
3. In the case of a Hillwalk **allocate the appropriate Grade** to the proposed walk. Hillwalks are classified as Easy, Moderate , Difficult , Strenuous or Challenging in alignment with Mountaineering Ireland grading. See page 3 of this checksheet for the grading criteria as provided by Mountaineering Ireland on their web site.

Communication of a walk:

1. Once details of the walk (location, distance, type of walk) are known let Mary Collins and Pat Furlong (furlongp@gmail.com) know so that the calendar can include these details. Also feel free to forward a few photos of the walk to Pat from the recce.
2. Notification of walks for the coming week will be issued each Monday by the club Secretary. Therefore Walk Leaders should send the walk details to the club Secretary Yvette Payne (skerries.walking@gmail.com) whenever available but no later than the Sunday prior to the walk. (Note: template for same is available on the clubs web site on the INFO section) Also copy Pat Furlong on the notification so that the calendar can be updated.
3. Once the Club Secretary has issued the walk notification the walk is open for members to reserve a place by contacting the Walk Leader.
4. The Walk Leader is responsible for ensuring that the number accepted for the walk are within guidelines (currently 15).

Guests:

Guests can attend a walk provided they are not taking the place of a Skerries Walking Group member. Therefore, it is suggested that Leaders confirm that a place for a guest exists once the window for notification by members has closed.

In advance of the walk or at the start of the walk the Leader should ensure that the guest has completed the Guest Walker Form. This form is available on the club web site under **Information** and can be filled out on-line using a phone or other device. It is important that that this form is completed in advance to ensure Guest attendance is recorded and to comply with insurance requirements.

Managing a Walk

1. Ensure the 1 question relating to Covid, asking walkers to confirm that they “have no covid like symptoms” (available on the Walk Notification template) is asked before the walk starts.

2. If there is any accident / incident during the walk the walk Leader should ensure that records of the events are taken and photos taken (equipment / material) if relevant. These can then be used to complete / support the Accident/ Incident Form which will need to be completed following the walk.

Post Walk Communication:

1. Complete the attendance form and send to the club Secretary (Note: Attendance Form is available on the INFO section of the club web site).
2. Send a summary of the walk and some photos to Pat Furlong for inclusion in the newsletter. Note: feel free to delegate this to one of the walk attendees.
3. Any incident / accident to be communicated to the Club Chairperson as soon as possible (necessary for insurance claims if they arise). Walk Leader should ensure the Accident/ Incident report is completed by the relevant parties and self as soon as possible after the walk. (Note: Accident/Incident form on the INFO section of the website).

Contact details:

Club Chairperson - Pat Furlong furlongp@gmail.com

Club Secretary - Yvette Payne skerries.walking@gmail.com

Club Walks Coordinator - Mary Collins marycollins20120@gmail.com

Website: www.skerrieswalking.com

Hillwalking Grades

This grading system is set out by Mountaineering Ireland, to provide a national benchmark for anyone who is selecting routes for club walks, gatherings, events and group walks etc.

***Distance is not a reliable measure of the level of difficulty**

Easy

May be signposted trails but will still require some basic navigation skills and some hillwalking experience. Mainly on easily identifiable paths, with good underfoot conditions. Can include open countryside with some rough ground and moderate ascents.

For example: Spinc walk in Glendalough or Diamond Hill in Connemara National Park

Time: 2 -5 hours **Height gain: 250-500 metres** **Distance: 5 - 12km**

Moderate

Hillwalking experience and navigational skills in difficult weather conditions are required. Can include more informal paths, rougher, boggy and more uneven terrain with the possibility of rocky, moderately steep ground.

For example: Derrybawn and Mullacor Loop in Wicklow or Slieve Binnian in the Mourne

Time: 5-7 hours **Height gain: 500-800 metres** **Distance: 10-15km**

Difficult

Good hillwalking experience with capable and proven navigational skills in all weather conditions required. Underfoot conditions could be rough and uneven with the possibility of prolonged rocky and steep sections and mountain terrain without clear paths. An ability to deal with mountain hazards, steep ground and scree is essential.

For example: Carrauntoohil, Mweelrea, Lugnaquilla

Time: 6-8 hours **Height gain: 800-1000 metres** **Distance: 12 - 20km**

Strenuous

A good level of fitness, hillwalking experience and proven navigational skills in all weather conditions are essential requirements, as is an ability to deal with complex mountain terrain. Open moorland, mountain plateau, rocks and cliffs without clear paths. There may be some exposure and a need for some basic scrambling skills. Route finding challenging so close attention to navigation is key.

For example: Eastern Reeks ridge, Coomloughra Horseshoe in the McGillicuddy Reeks

Time: 8-10 hours **Height gain: 1000-1500 metres** **Distance: 12 – 25km**

Challenging



A high level of fitness, hillwalking experience and proven navigational skills in all weather conditions are essential requirements. Extended walking in mountainous and often remote terrain, with the possibility of exposure, may involve steep ascents and descents with some extended scrambling. Potential navigation difficulties so hillwalkers should have confidence in their ability to navigate in all weather conditions, including at night. Fitness, stamina and experience at walking and leading at a strenuous level is a basic requirement.

For example: Muckish-Errigal Ridge in Donegal , Maumturks traverse in Connemara

Time: 8-14 hours Height gain: 1500 metres and above Distance: 20–30+km

Note:

The above grades are all based on the assumption the route can be completed in reasonable weather conditions. Adverse weather and changes in ground conditions may increase the risk and grade of the walk substantially. Time, height gain and distance should be taken into consideration collectively when selecting a route for a particular grade. All the above grades exclude hiking in full winter conditions where very low temperatures and substantial snow and ice may be encountered. In these conditions crampons and ice axe may be required, along with the skills and experience necessary to use them safely.