

# Caterpillar Walking Club

## Membership Application and Welcome Pack

Comprising:

- 1 Application contact details
- 2 About the Club its values and background
- 3 Club Rules
- 4 Standing order form, can either be sent to your bank or set up online
- 5 List of recent events

Name:.....

Address:.....

Post code:.....

Mobile:.....

Landline:.....

Email address:.....

Emergency contact: .....

I agree to the Club rules and Safety Policy below

Entirely optional: Please include me in the local WhatsApp group, this is useful way of members contacting the group, sometimes there are last minute updates that need to be communicated, or points of interest, or additional information. *Please add me to the group/ no thanks*

Please send your application form to: [caterpillarwalkingclub@hotmail.co.uk](mailto:caterpillarwalkingclub@hotmail.co.uk)

# Welcome to the Caterpillar Walking Club



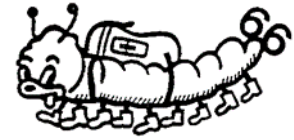
Walking is one of the safest forms of recreational exercise. However, when walkers walk in larger groups different dynamics come into play which can lead to problems if not understood. For example, the group can get split up which wastes time and could become serious if the weather deteriorates or daylight is running out. Perhaps the single most dangerous aspect of group walking is when the group comes into contact with roads.

Some tips to help you enjoy the walk:

- Always listen to the guidance given by your leader.
- When crossing roads never do so unless you feel confident it is safe to do so, irrespective of what others are doing.
- Always carry water
- In summer use sun protection, hat and bear in mind, the weather may change, so bring spare suitable clothing.

Other benefits: We are affiliated to the Ramblers Association and if you present your membership card when purchasing from most outdoor leisure shops such as; Rohan and Cotswold Outdoor, you can get a 10% discount on your purchase.

Enjoy



## About the Caterpillar Walking Club

### **What is the Caterpillar Walking Club?**

We are an independent club of people who enjoy country walking (not to be confused with the [Caterpillar Club](#), for those who have successfully parachuted from a disabled plane!) We organise both day walks and walking holidays in various parts of England and occasionally beyond. We also arrange social events from time to time.

### **Where is the club based?**

Most Caterpillar members live in south west London and north Surrey and day walks are generally within a reasonable travelling distance of those areas. However, we have members in various parts of the country. There are approximately 80 full members, so we are quite small for the amount of activity we organise.

### **How did the Caterpillars get started?**

The club was originally set up in 1981 for employees of a major oil company which supported it financially. When that support was withdrawn the members decided to continue independently and open membership to anyone who would like to join. In the early days its main activities were mountaineering and hill-walking. These days we no longer do mountaineering.

### **A bunch of crawlers?**

Not at all! The club includes walkers of all ability levels and organises walks of various levels of difficulty. We usually offer 6 mini break walking holidays normally in the UK but occasionally offshore. Past offshore holidays have included: Iceland; Shetland, IoM, France, Belgium

We also provide two single day walks per month typically one at the weekend and one during weekdays.

Lunch time is usually in a nice country pub, though occasionally during summer we enjoy a pack lunch.

Our emphasis is on enjoying the beauty of the wide range of countryside and cities we visit, rather than longest distance in shortest time. There is a vibrant social aspect to the club, it's a good way to make new friends.

There are several social activities arranged throughout the year, such as music concerts, theatre, restaurants, etc

**Bimonthly newsletter** We produce a newsletter listing the annual programme, and advertising details of walks, holidays and social events. This is distributed via email

### **I'm a beginner - what equipment do I need?**

Depending on the weather and walking conditions, we recommend a pair of walking boots or stout shoes that can cope with mud, a waterproof jacket and a small rucksack as a minimum. Walk leaders and other members will be happy to give advice.

**Try before you buy** We suggest you come on a day walk as a guest, before joining to see how you get on. Then if you like it we would expect you to complete the membership application and join.

**How much is all this?** A mere £7 per annum, payable by Standing Order only

*Some pictures of what we do, we're no bunch of crawlers, we like to walk eat and drink often in overlooked fascinating places of outstanding beauty*



# Caterpillar Walking Club

## Club Rules

1. Prospective members may participate in one day walk before deciding whether they wish to join the club.
2. Subscriptions are payable on the 1<sup>st</sup> of April each year. New members joining shortly before that date may pay a reduced rate at the discretion of the membership secretary.
3. Members who fail to pay their subscriptions after 2 reminders will no longer receive the club newsletter and will not be eligible to attend walks and weekends.
4. Members are responsible for ensuring that they are suitably dressed and equipped for walks, particularly when the walk takes place in adverse weather conditions or over difficult terrain. A walk leader may refuse to include a participant in a walk if the person's clothing and footwear are unsuitable for the walk and may put the participant at risk and/or significantly delay the other participants.
5. Members are welcome to bring children or dogs on a walk, provided that the walk is suitable and the walk leader agrees. Information about each walk provided by the walk leader in the newsletter should be sufficient to establish this but a member should contact the walk leader in advance if unsure. Members bringing children or dogs must take full responsibility for the control and safety of those children or dogs, including the decision to bring them. The club cannot accept any responsibility for children or dogs accompanying members.
6. A member who is likely to need assistance on a walk due to a disability or other medical condition should contact the walk leader in advance to check that the walk is suitable for them and that the leader and/or other members on the walk will be able to provide the assistance required. The walk leader will decide whether or not the person concerned can attend the walk.
7. A member is personally responsible for following the country code:  
<https://www.gov.uk/government/publications/the-countryside-code>
8. When authorising the Standing Order below, the prospective member is agreeing to the Club rules above.

# Caterpillar Walking Club Subscription

Annual subscription is £7 per member

Please send this form to:  
Your bank  
Your new membership  
card will then be forwarded to you.

## STANDING ORDER FORM

Date .....

Your Bank:.....

Branch: .....

Address.....

Name of Account .....

Sort Code .....

Account No .....

Please pay to:  
Bank: HSBC  
Branch: Sutton Town Square  
Sort Code: 40-43-26  
Account No: 41206583  
Account Name: Caterpillar Walking Club

Reference: .....Members Name(s)  
(This is essential for the Clubs accounting)

One payment immediately of £7.00

Then

Payment: annually commencing 1April yyyy Until Further Notice  
Amount: £7.00

Signature.....

# Caterpillar Walking Club

## Health and Safety Policy Statement

The Caterpillar Walking Club is run by volunteers who organise walking events across the UK and occasionally abroad. The aim of the Club is to provide a variety of non-competitive walking and social events for the recreation, wellbeing of its members.

The Caterpillar Walking Club recognises that it has a Duty of Care for the health and safety of its members and others.

## Health and Safety Policy

- The club committee shall keep an Incident Log of all accidents injuries and near misses, so that we can learn from mistakes and prevent reoccurrence.
- All aspects of club walking activities shall be risk assessed in order to minimise the risk to club members third party and property.
- The Club shall elect a Health and Safety Officer to oversee that activities are carried out with all risks minimised.
- Health and safety shall be a standing agenda item on all committee meetings, and club AGMs.
- Minutes are taken at all meetings.
- Safety information and guidelines are produced by the club distributed to all members.
- Training in leadership and navigation is offered to members on a need to know or request basis.
- A record of attendance is kept for each walking event
- The club has benchmarked itself against other walking clubs to ensure best practice is achieved.
- Leaders are empowered by the clubs committee to refuse to take a walker on an event if they feel they may be a danger to themselves or others. This may be because their clothing is inadequate for the weather conditions or terrain, or their physical fitness.
- When advertised, each walking event is graded according to the physical demands
  - For example: moderate pace; 8 miles some hills; no stiles
  - mountainous with slippery winter conditions.

## **Some of the Walking Events Recently Organised by the Caterpillar Walking Club**

Off-shore holidays: Shetland Isles; Iceland; Isle of Man; Brittany; Belgium; Isle of Wight....

On-shore holidays: Berwick on Tweed; Norfolk; Suffolk, Isle of Thanet; Cornwall; Shropshire; Peak District; Shropshire; Ribblesdale and much more....

Day Walks: London; Surrey Hills; East and West Sussex, Kent Hampshire; Chilterns; Thames Tow Path...

Social events: River Cruises; Winter Socials, Summer Socials; Christmas Dinners; Live music events; Theatre.....

*All this for just £7 per annum. I know a good deal when I see one!*