

What?

- Some of our activities include sections where walking along the side of a road is unavoidable e.g. our Walking Groups may need to walk along a country road that links two footpaths.
- All public roads are open to walkers (except for motorways and slip roads). Pedestrians are very vulnerable road users and it is important to familiarise yourself with the Highway Code so that you do not put yourself and your group at unnecessary risk.



Why?



- The most obvious danger from walking along roads is getting hit by a moving vehicle. There are also less apparent dangers including conflict with other road users such as horse riders or cyclists, and air pollution.
- Where possible, walking along a road in a group should be avoided due to the dangers, especially at night. If it is not possible to avoid this section of the walk, or there is no pavement to walk along, make sure you all know the 'dos' and 'don'ts' before you set off.
- The main point to remember is to make sure you are visible to other road users and to stick to one side of the road.

Do ✓

- ✓ Walk on the side of oncoming traffic in single file if walking on the roadside is unavoidable
- ✓ Be aware of which members may need extra support and pair them up with a volunteer
- ✓ Ensure the front and back markers know who they are and stay in position
- ✓ Use pedestrian crossings where possible
- ✓ Ensure the front and back markers have fluorescent vests during the day and reflective clothes in the dark/dim lighting
- ✓ If walking at night, the front marker should carry a white light; the back marker should have a red light. People on the outside of the group should also wear reflective clothing and carry lights

Don't ✗

- ✗ Don't cross the road without stopping, looking & listening. Cross when the leader says to, keeping the front & back markers
- ✗ Don't cross the road in one large group; it is often safer to split the group up and cross in smaller groups
- ✗ Don't forget to pull in for horse riders and cyclists
- ✗ Don't get involved in road rage incidents
- ✗ Don't cross the road at a sharp bend
- ✗ Don't go near motorways or slip roads



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