

BALLYHOURA BEARS WALKING CLUB RULES

RULE 1:

- ✚ A General Meeting shall have the power to set Club rules.
- ✚ Such rules shall be in accordance with the articles of the Club's constitution and the policies of Mountaineering Ireland.

RULE 2:

- ✚ All registered full members (must be over 18 years) are entitled to vote at General Meetings.
- ✚ Vote will be decided on show of hands basis.

RULE 3:

- ✚ Potential members, at the discretion of the leader, may have 3 walks at 'B' or 'C' grade before joining. After the walk the leader must inform the Membership Secretary that there was a non-member on the walk.
- ✚ A non-member registered with Mountaineering Ireland may walk at 'A' level if already known to walk at this level with another club.
- ✚ After the walk the leader must inform the Walks secretary that there was a non-member on the walk. These walkers are covered by insurance.

RULE 4:

- ✚ Other than a potential new member all walkers must be registered members of the club.
- ✚ All walkers are required to register with the walk's facilitator before each walk.
- ✚ Leaders need to keep this register for six months.

RULE 5:

- ✚ Participation in a walk is at the sole discretion of the leader/facilitator.

RULE 6:

- ✚ It is the responsibility of the walker to ensure
 - her/his level of fitness and experience are adequate for the proposed walk,
 - is properly equipped with suitable footwear.
 - is self-sufficient in food, drink, clothing and other essentials.

RULE 7:

- ✚ Walks can be cancelled or changed due to adverse weather conditions or if the leader feels it is in the best interest of the group to do so.

RULE 8:

- ✚ For the safety and security of all walkers, those starting out together must stay within the parameters of the group for the duration of the walk.
- ✚ Club walks are non-competitive and should be an enjoyable experience for all.
- ✚ The facilitator's/leader's pace must suit the chosen grade and other walkers must not feel pressurised to walk at a faster pace than expected at this grade.

RULE 9:

- ✚ Each leader/facilitator and the sweeper chosen by the leader needs to familiarise herself/himself with the chosen route.
- ✚ The leader/facilitator must ensure that he/she has the appropriate navigation skills and experience for the chosen route.

RULE 10:

- ✚ Any person intending to leave the group must notify the leader/facilitator and the sweeper.
- ✚ It is each walker's responsibility to stay within the group.

RULE 11:

- ✚ All club members and potential must familiarise themselves with the rules before embarking on a walk

RULE 12:

- ✚ Dogs are not allowed on club walks.

RULE 13:

- ✚ All members are asked to observe the country code and take home all litter.

Rule 14:

- ✚ The Club understands that the use of Social Media and photography helps promote the Club if used appropriately.
- ✚ Social Media is understood as all websites and applications that enable members to create and share content or to participate in online social networking. This includes but is not limited to Facebook, Twitter, TikTok, Messenger, Instagram, WhatsApp, Snapchat, and any website.
- ✚ Photograph or video image may be taken whilst attending or participating in walks/climbs or activities connected with the Club and be used by the club for items like programmes, newsletters, event reports or on the club website or social media channels.
- ✚ If a member does not wish to be included in photographs or videos they must make it known to the walk leader and step aside when photos/videos are being taken.