



reunite International Child Abduction Centre

5-mile Sponsored Walk – Roundhay, Leeds
Leicester 24th September 2011

Health and Safety Advice

- Keep your map with you at all times, there are a lot of paths and it is easy to get lost.
- The route will be signposted. Please stick to the directions given by the signs unless it appears they have been tampered with.
- Wear comfortable shoes suitable for walking long distances.
- Dress appropriately for the weather. Make sure you bring something warm in case it becomes cold and a hat and sun cream in case it is a hot day.
- Umbrellas are not advisable but in case of wet weather, please bring a waterproof jacket.
- Bring plenty of water to drink. When walking, you could easily become dehydrated.
- Make sure you bring food. The walk will be quite tiring and eating will keep your energy and sugar levels up.
- The walk will run alongside water in some areas. You are advised to stay away from the water and keep children close to you at all times in these areas.
- Some areas may be muddy or uneven, please take care in these areas.
- Be aware of areas where there may be stinging nettles, brambles and branches that could cause injury. Take care in these areas.
- A responsible adult must accompany children under 16 at all times.
- Try to ensure you or a member of your group is carrying a mobile phone. In case of accident or emergency, please call staff on the emergency number provided on the walk map.