



Walkie talkies rules

- Aim – To offer companionship while enjoying a stroll.
Benefit – To enjoy being outside, help improve confidence while being with a walking buddy.
Risk 1 - Environmental.
Risk 2 – Corona Virus.
Control- Detailed as rules in this document.

Limitations of the role.

The aim is to accompany somebody around their local area to enjoy some fresh air and gain gentle exercise on local footpaths.

Client

Ability, experience, medical conditions, and medication taken will be self-declared on booking – relevant information will be passed to the walk buddy with consent of the client.
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Clothing – to be assessed by walking buddy on meeting and advise accordingly.

Walking buddy

Experience – to be self-declared in a brief CV.

Knowledge of area – ideal, not essential, good sense of direction or a familiarisation visit prior to walk.

Aptitude – Must be able to be sympathetic / considerate / observant; be able assess the client and monitor accordingly, warn of uneven ground, gradient, overhanging trees, etc and position themselves sensibly to prevent client from stepping into road, and to guide into a safe sitting position if the client for any reason slips or falls.
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Training – partake in the following training.

3hr 1 st Aid, Safeguarding, GDPR, Contact us policy (complaints and compliments), location information.
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Weather

Check forecast – dress and limit walk accordingly

Potentially walking slower, dress warm.

Slip hazards – Ice, grass, leaves, wet stone, etc.
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Strong / gusty winds & wind chill.

Time of day

Visibility – be seen, dress accordingly.
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Check sunset times.

Route
Only on public areas, stay off private land.
Consider type in relation to client's ability.
Stay on metalled roads where necessary.
If on unmade footpaths, be aware of location of nearest road. in case of emergency.
Consider distance – is there a short return route if required.
Consider traffic and phone reception.

Kit to be carried - just enough to be prepared.
Well charged phone.
Torch for impending darkness.
Pack of sweets i.e., jelly babies – ideal for an energy hit, and they are tasty.
Foil blanket – can be wrapped around client if you must maintain position in case of emergency. Or, a large, inverted bin bag with a hole for head to pop through can be used as an emergency wind and rain proof top.
Notebook and pencil.

Covid-19 prevention of infection.
<i>If YOU are feeling unwell – DO NOT carry out the appointment, but please inform the DDC.</i>
If you suspect the client has C-19 symptoms, you have the right to say no, but please notify the DDC office, and recommend the client contacts 119.
Maintain a 2-meter (the width of an average minibus) distance, if this is not possible, a face covering must be worn over mouth & nose.
Sanitise hands prior to meeting / leaving the client, and after touching surfaces on route i.e., handrails/gates/etc.

Additional considerations
Phone apps, what3words – enables a location to be obtained in case of emergency.
Notifying someone – Ensure someone knows your plans, start/finish times, and route.
Do any carers or members of the client's family need to be notified that they are going out for a walk?

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The Denby Dale Centre operates:

- The Kirkburton Hub
- Community Transport
- Time Together projects
- DDC Training Centre

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