

WWOW

Wee Walk Once a Week

Walker Agreement

Our commitment to you:

We will respect your personal decisions and allow you to make your own decisions about the level of activity you can carry out.

We will make every reasonable effort to make sure that our Health Walks are risk assessed and the route is described at the start of each Walk.

We will take all reasonable steps to make sure that our Walk Leaders have completed Paths For All or comparable training.

If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our walks, we will consider what adjustments, if any, are reasonable for us to make.

Your commitment to us:

You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with your participation in a Walk, you should get relevant medical professional advice and follow that advice.

You should let a Walk Leader know immediately if you feel unwell during a Walk.

It is your responsibility to ensure that you can safely and comfortably participate in a Walk. You undertake a Walk at your own risk.

Respect is a two way street: We as walkers and Walk Leaders agree to behave in a way that is respectful to each other.

WWOW is an initiative of the University Wellbeing and Engagement group. WWOW has been funded by Paths for All. This agreement is based on the wording provided and recommended by Paths for All. Acceptance of this agreement is a condition of participation in the scheme. The Wellbeing and Engagement Group may be contacted at welgrp@st-andrews.ac.uk



University of
St Andrews