

# THE SOUTH LAKES WALKING CLUB

## CONSTITUTION AND RULES

- 1 Name**  
The name of the Club shall be the South Lakes Walking Club
- 2 Objects**  
The objects of the Club shall be to encourage appreciation of nature and to provide for the intellectual, physical and social welfare of its members by rambles and gatherings.
- 3 Membership**  
Membership of the Club shall be open to anyone on payment of an annual subscription which will fall due on the first day of January. The amount of the subscription for seniors aged 18 and over and for juniors aged under 18 shall be determined at the AGM for the current year. The committee shall have the power to delete the name of any member whose subscription is three calendar months in arrear but may readmit him or her on such terms as they may decide.
- 4 Officers**  
The Officers of the Club shall be:
  - President
  - Treasurer
  - General Secretary
  - Coach Secretary
  - Social Secretary
  - Sunday Rambles Secretary
  - Saturday Rambles SecretaryThe Officers shall be elected annually at the AGM but the President may not serve for more than three consecutive years and will not be eligible for re-election for one year.  
Any member wishing to nominate a person for an office or for membership of the Executive Committee shall deliver notice in writing to the General Secretary not later than forty-eight hours before the holding of the AGM certifying that he or she has obtained the consent of the nominee.
- 5 Executive Committee**  
The Club shall be managed by an Executive Committee consisting of the Officers of the Club and three members who will be elected annually at the AGM with the Officers.  
If any position on the Executive Committee becomes vacant the Executive Committee may elect another member who shall serve until the next AGM. Six members in total will form a quorum at committee meetings.
- 6 Annual General Meeting**  
The financial year shall end on 31 December. The AGM of the Club shall be held within two months of the end of the financial year. The business to be transacted shall be to elect the Officers and Executive Committee, to fix the rates of subscription, to receive reports from the President and Secretaries and to receive a report from the Treasurer together with an Income & Expenditure Account and Balance Sheet audited by a person who is not an Officer or member of the Executive Committee. The meeting will also deal with any further business of which due notice has been given in accordance with Rules 7 & 8. Fifteen percent of members shall form a quorum at General Meetings.
- 7 Notices of Motion**  
Any member wishing to make a proposition at the AGM shall give notice in writing setting out its terms to the General Secretary at least seven days prior to the meeting except that should such a proposition involve a change to the Constitution & Rules the notice should be received at least twenty-eight days prior to the meeting to enable the provisions of Rule 8 to be carried out.
- 8 Amendment of Constitution & Rules**  
The Constitution & Rules may be amended only at an AGM or at a Special General Meeting and even then only by a majority of two-thirds of those present and voting. Every proposed amendment to the Constitution & Rules whether emanating from a member or the Executive Committee shall be sent by the General Secretary to each member of the Club in writing in accordance with Rule 6.
- 9 Special Meetings**  
Upon receipt of a notice in writing signed by twenty members of the Club setting out the business proposed to be dealt with, a Special General Meeting shall be called by the General Secretary at the request of the Executive Committee within twenty-one days. The General Secretary shall send a notice to each senior member at least seven days before such a meeting stating the date, time and place and the business to be transacted thereat.
- 10 Conduct of Members**  
The Executive Committee shall have the power to call before them any member alleged to be guilty of any conduct which is, in their opinion, detrimental to the interests and status of the Club and, subject to the right of appeal to the AGM, to expel such offender from the Club, or to take such other action as they think proper.
- 11 Dissolution of the Club**  
In the event of the contemplated dissolution of the Club a Special General Meeting for such purpose shall be called in accordance with Rule 9. A resolution in favour of dissolution shall be carried only if there is a majority of seventy-five percent in favour and then only if that majority is equal to at least half the membership of the Club. On the dissolution of the Club all assets shall be applied to such objects as are consistent with the stated aims of the Club.
- 12 Membership List**  
The General Secretary and Treasurer shall maintain an up-to-date list of the names and addresses of all members of the Club which shall be open to inspection by any member on reasonable notice being given. This membership list shall at all times be deemed to be the property of the Club and shall not leave the custody of the said Officers without the consent of the Officers referred to in Rule 4.
- 13 Constitution & Rules**  
Every member of the Club shall be provided with an up-to-date copy of the Constitution & Rules.

# SOUTH LAKES WALKING CLUB - GENERAL INFORMATION

## GUIDELINES FOR WALKS

What should constitute a standard for a particular grade of walk will always be subject to debate between individuals. Consequently the Committee have decided to issue the following guidelines for members.

Standard	Miles	Ascent (ft)
A	11 - 15	up to 4,000'
B	8 - 10	1,000' - 2,500'
C	7 - 9	up to 1,500'

### Remember:

- These are guidelines, NOT absolutes, and individual walks are bound to vary in distance, ascent, terrain and difficulty.
- Each Leader provides a précis of their walk on the coach in ample time for you to decide which of the offered walks will meet your needs and abilities.

## FIRST AID POLICY

It is clearly way beyond our resources to have a fully qualified first aider, equipped for all emergencies, available on all our walks. All we can hope to provide is a basic first aid kit to cater for minor injuries where the casualty is still mobile and can continue the walk, with or without assistance to safety.

Where there are broken bones or serious falls, or life threatening emergencies such as heart attacks, we can only provide comfort and support and get professional help as soon as possible. We would particularly ask all members with mobile phones to carry them as they obviously provide the quickest means of summoning help.

It is appropriate to remind members that that you have a responsibility not only yourselves but also to the party you choose to walk with **so please:**

- Don't attempt walks likely to be beyond your current physical capabilities
- Advise the leader if you have any form of illness or disability that may need particular treatment
- Carry any appropriate prescribed personal medication as well as minimal first aid such as elastoplast, aspirins, suntan cream etc.
- Ensure you have adequate protection from the elements including some spare clothing and ideally on the fells a map, whistle and compass, and know how to use them.
- Don't just leave a party to "do your own thing" without letting the leader know where you are going and who is going with you. Any such splinter group even if you are taking a supposedly "easy" route off the fell should consist of at least three people for obvious safety reasons. If you insist on going off on your own, the Club cannot be responsible for the consequences, nor will we be able to guarantee you transport back to Kendal.

Safety on the fells is not just about the leader having a first aid kit, but also requires us all to realise that we need to act responsibly.

**HERE'S WISHING EVERYONE SAFE AND ENJOYABLE WALKING!**