

The Countryside Code

Rules for countryside visitors

- Plan ahead, follow signs, and leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Consider other people.
- When using canal tow-path: be courteous towards other tow-path users and cyclists; walk in single file, and; take extra care around locks and bridges.

Follow the Highway Code

Safety when walking on roads

- Use the pavement or path along the road where you can.
- Where there is no pavement, walk on the right hand-side of the road and keep close to the side and walk in single-file, walking towards traffic so that you can see it, and it can see you.
- Use safe crossings and think, stop, look and listen, wait, look and listen again, and arrive alive.

Safety at Basecamp

Your home for the night

- At basecamp we have a large number of volunteers with a smile, there to make your stay enjoyable, comfortable and safe.
- You'll be given an area to pitch your tent. Be careful not to trip over guy ropes.
- There is a designated large and open-air area for cooking your meals. Don't cook near your tent. Tie back your hair before using your stove and be careful of heat and flames. We recommend gas stoves. We don't allow paraffin or petrol stoves.
- You'll be given a time that you'll start on Sunday - you'll need to remember this. You'll need to get up, get ready, cook and eat your breakfast and pack your equipment away and be ready to leave Basecamp at this time, heading for the finish.
- Make sure you stay warm, dry, and get enough rest, ready for the second day.
- In the event of an Emergency Evacuation, Invacuation/Lockdown, follow the instructions of Cheshire Hike volunteers immediately.



**Three routes,
two days,
one finish.**

This is Cheshire Hike.

**YOUR GUIDE
TO STAYING
SAFE**

CALL IN EMERGENCY - 01565 337 878

Behaviour

Following the Scouts policy

- Our values are: integrity; respect; care; belief and co-operation.
- Integrity: We act with integrity; we are honest, trustworthy and loyal.
- Respect: We have self-respect and respect for others
- Care: We support others and take care of the world in which we live.
- Belief: We explore our faiths, beliefs and attitudes.
- Co-operation: We make a positive difference; we co-operate with others and make friends.

Accessibility

Making everyone aware

- Tell event organisers and your team members about any medical conditions and medication, as well as any additional or cultural needs.
- Carry any medication you take, and make your team members aware.

Safeguarding

Keeping everyone safe throughout

- Always stay as a team. Never separate unless in an emergency.
- Our first aid teams are available whenever they are needed. The number one reason hikers need support is because they're dehydrated or haven't eaten well.
- Drink regularly. Every checkpoint will have water - only carry what you need to carry.
- Keep your body nourished. Eat regularly and carry food with high sugar contents.
- All of our volunteers wear Cheshire Hike red and white neckers. They also wear official white Cheshire Hike wristbands. All volunteers are there to help.
- All Cheshire Hike vehicles are clearly marked. Never get into a vehicle that isn't an official, marked vehicle.
- Stay safe, and enjoy the event. Tie those boot laces, put your backpack on, and get ready to make best friends and forever memories in what will be one of your best adventures yet.

 what3words



**Download the
What3Words
app before you
start. If you need us, you
only need to tell us three
words and we'll find you.**

**350+ volunteers are on
ground with a smile, ready
to help.**

**Lost? Don't panic. Take a
breath. Look wide.**

**In an emergency, call
01565 337 878.**

