

2020 CLUB INFORMATION

GENERAL - The Club was originally founded in June 1983 for NALGO (now UNISON) Trade's Union members, however in January 1994 previous membership restrictions were removed and the Club name changed. The Club is an affiliate member of Connected Voice and stages events throughout the year. There is a Saturday & Sunday walk each month; six evening walks and one or two weekend trips are arranged each year; and we have an annual week trip. When selecting the locations of walks, the Club Committee have tried to cater for the varying standards and capabilities of our 49 members; however, the nature of the terrain is such that we have to assume that they have a **reasonable level of fitness**.

SATURDAY WALKS - We meet in the car park of Gateshead Civic Centre for an 8.00am departure to various destinations in the north of England. A Gateshead Council self-drive minibus is usually provided by the Club; however, to enable more than 17 members to participate in each walk, members who either own or have access to a private vehicle are requested to allow it to be used as Club transport on a maximum of one occasion each year. In return, their £12 fare is refunded, petrol expenses @ 20p per mile are paid, and the driver is effectively guaranteed a seat on the minibus for the rest of the year. Both high and lower level routes are usually suggested; new or inexperienced members and invitees are requested to carefully consider which route they will best be able to safely complete in view of the terrain, fell and weather conditions and the hours of daylight - **if in any doubt, please choose the lower level walk**. We usually break our homeward journey for about half an hour with a fish and chip stop. Over the Summer months we usually arrive back at Gateshead Civic Centre by 22.00; in Winter we arrive back much earlier as walks are obviously more restricted by the hours of daylight.

2020 Saturday Walks

1 st February	Runswick Bay & Staithes	1 st August	
7 th March	Ingleby Moor & Greenhow Bank	5 th September	
4 th April	Horton in Ribblesdale	3 rd October	
2 nd May	St John's in the Vale	31 st October	
6 th June	Crummock Water	28 th November	
4 th July	Honister Pass to Buttermere		

Bookings open on completion of the previous Saturday walk and can be made either by email or phone/text message. Anyone who insists in using their car to travel to an event or wants to return early (i.e. miss out the refreshment stop) will not qualify for petrol expenses and must pay £5 for each of the car's occupants. The required £12 fare (cheques made payable to Gateshead Civic Walking Club) must be received by the Secretary by the Saturday following the walk. If notification of a cancellation is received at any time prior to 10:00am on the Friday one week before the walk (i.e. 8 days) a FULL refund will be given. Thereafter, if notification of a cancellation is received at any time prior to 08:00am on the morning of the walk and it is still possible to fill all seats in all Club transport, the £12 fare will be waived. If notification of cancellation is not received, unfortunately the full fare will remain due.



2020 Sunday Walks

5 th January	Wolsingham and the Weardale Way	19 th July	
23 rd February	Hadrian's Wall from Once Brewed	16 th August	
29 th March	Barnard Castle and the Teesdale Way	20 th September	
19 th April		18 th October	
17 th May		8 th November	
28 th June		6 th December	

Bookings for Sunday walks open on completion of the previous Sunday walk and can be made either by email or phone/text message. Although Sunday walks are free of charge a booking must still be made for Club Indemnity Insurance purposes.

WEEKEND TRIPS - For weekend trips we invariably hire self-catering cottages, although we occasionally stay in youth hostels or camp. Walks are usually planned on the day after studying a map and the local weather forecast.

2020 Weekend Events

Patterdale	12 th to 16 th March		
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Liz Beech, Lyn Boyle, Lynn Ford, Anne Marie Forster, Jane Geroni, Paul Gertig, Pauline Gertig, Ian Goodman, Natalie Goodman, Andy Nixon, Carol Lonsdale, Claire O'Sullivan, Neil Waite & Ronnie Willison will be spending a long weekend surrounded by magnificent Lakeland mountain scenery in Patterdale Hall Estate accommodation for a **massively discounted £75** per person.



WEEK TRIPS

2020 Week Events

Bearnock Lodge, near Inverness	23 rd to 30 th May 2020		
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Lyn Boyle, Kay Costello, Theresa Costello, Lynn Ford, Anne Marie Forster, Paul Gertig, Pauline Gertig, Ian Hammond, Carol Lonsdale, Malcolm McVey, Ellen Morrison, Mike Morrison, Claire O'Sullivan, Andy Nixon, Ian Storey, Neil Waite & Ronnie Willison will be spending a week in the 'Visit Scotland' 5-star awarded Bearnock Lodge, near Inverness for less than **£200**.



COMMITTEE MEETINGS - These are held at least every six months in Gateshead Civic Centre.

2019 Committee	
Officers	Other Members
Secretary	Graeme Page
	Margaret Andison
Assistant Secretary	Evelyn Brown
	David Ellerington
	Lynn Ford
	Anne Marie Forster
	Carol Lonsdale
	Claire O'Sullivan
	Vacancy
	Alan Ross
	Roger Smith
	Ian Storey

NAVIGATION - New or inexperienced members are more than welcome to accompany the more experienced members on walks that take place during Club events. However, for those with little experience of navigation it is advisable, for member's own safety and enjoyment, to use Club walks to learn and/or develop navigational skills. Experienced members will always be ready to give help and advice about navigation during Club walks.

SHOPPING - Privileged shopping facilities (usually 10%) are available to members at NevisSport, 100 Grainger Street, Newcastle.

MAP READING - A map is a representation, on flat paper, of the three-dimensional features of the earth. Some members boast that given a map of some part of the country, they can scan a part of it and have a mental picture of the landscape it represents. This is possibly an exaggeration. The map certainly details the bones of the landscape, the flesh is left to the imagination. The Club has some experienced map-readers, however that task is invariably left to them. This is unwise; everyone should take a turn! Map reading is important as it is the key to enjoying the countryside. Anyone who lacks this easily acquired skill is denied an essential freedom.

CLOTHING, EQUIPMENT and PREPARATION - Safety, efficiency and comfort should be your guide. Clothing should be warm, comfortable, windproof, waterproof and colourful. The longer and higher the route, the better the equipment which is required.

Winter conditions (i.e. any time when there is snow, ice or frozen turf underfoot), plus the reduced daylight hours, can transform a pleasant summer stroll into an epic journey and paths normally posing no real dangers or problems can change overnight. It is obviously essential, in such conditions, that the correct equipment is carried and clothing worn.



- € Obtain a local weather forecast with fell conditions.
- € Learn how to use a compass, read a map and administer simple first aid.
- € Walk in company - it is safer and more enjoyable.
- € Start the day with a cooked breakfast.
- € Plan your route beforehand, balancing the terrain, the hours of daylight, the fell and weather conditions against your own experience and ability. You should allow at least 1hr for every 4km [2.5 miles] of your route plus 1 minute for every 10m contour line crossed during ascent.
- € Allow a large safety margin and always anticipate the worst.
- € Ensure that other party members are adequately clothed and equipped and that no one is overburdened.
- € Before you set off leave precise written details of your party, intended route (with possible variations) and expected time of return with a responsible person.

INSURANCE - The Club have both Employer's (£10,000,000) & Public (£1,000,000) Liability Insurance. Such cover specifically excludes any Club activities involving the use of "ropes".

To Whom It May Concern

Gateshead Civic Walking Club

This is to confirm that we are the insurance advisers for the above organisation and arrange the following cover on their behalf:

Employers Liability

Insurers : Markel International Insurance Co Ltd [Scheme]
 Policy Number : SC2100F200YR/8/564
 Limit of Indemnity : £10,000,000
 Renewal Date : 15 January 2021

Public/Products Liability

Insurers : Markel International Insurance Co Ltd [Scheme]
 Policy Number : SC2100F200YR/8/564
 Limit of Indemnity : £1,000,000
 Renewal Date : 15 January 2021

Signed :  Dated: 17 December 2019

Access Insurance Services | Seledon House | 212-220 Addington Road | South Croydon | Surrey | CR2 8LD | 020 8651 7420 | insure@accessinsurance.co.uk | www.accessinsurance.co.uk
 @charityinsurer | /charity.insurance | /company/access-underwriting-ltd
 Access Insurance Services is a trading name of Access Underwriting Limited.
 Registered in England and Wales. No. 3850990 Registered Office: As above. Authorised and regulated by the Financial Conduct Authority. FCA Register No. 306421



**COMMUNITY GROUPS, CHARITIES AND TRUSTEES
 COMBINED INSURANCE CERTIFICATE**



THIS IS TO CERTIFY that in accordance with authorisation granted under the Certificate Number stated below to the undersigned by Markel International Insurance Company Ltd (hereinafter "Underwriters"), which shall be supplied on application by reference to the Binding Authority Number MKL201601, and in consideration of the premium specified herein, the Underwriters are hereby bound to insure in accordance with the terms and conditions herein or endorsed hereon.

SCHEDULE

CERTIFICATE NUMBER:	SC2100F200YR/8/564
Assured:	Gateshead Civic Walking Club
Period of Insurance:	15/01/2020 to 14/01/2021 (both dates inclusive)
Operative Insuring Clauses:	1, 2,
Sum(s) Insured and Limits of Indemnity:	As stated in the Schedule of Sum(s) Insured and Limit(s) of Indemnity
Premium:	£75.00 (+ IPT @ 12% = £9.00) = £84.00 And our Fee of £30
IN WITNESS whereof this Certificate has been signed by : 	
On behalf of Markel International Insurance Company Ltd. Dated: 17 December 2019	

FURTHER INFORMATION REQUIRED? - Please  **CivicWalker@Gmail.COM**



CONSTITUTION (Effective – 28th January 2020)

1) TITLE - The title of the Club will be “Gateshead Civic Walking Club”.

2) OBJECTIVES - The objectives of the Club will be: “To encourage and enable members to participate in organised hill-walking and Club social events”.

3) MEMBERSHIP

3.1 Membership will be open to all persons aged 18 years or over. Persons eligible for membership may attend a maximum of **one** organised Club hill-walking event per calendar year as an ‘*invitee*’ before being required to submit an application for membership in order to facilitate, if approved, continued participation in organised Club hill-walking events for the remainder of that calendar year; an ‘*invitee*’ may however attend a maximum of **two** organised Club hill-walking events during their initial calendar year of participation.

3.2 Applications for membership will be made in writing on the form provided for that purpose and signed by the candidate. The candidate’s election to membership will be subject to the agreement of the Club Committee.

3.3 Membership of the Club will expire on 31st December each year, after which a new application for membership may be submitted.

3.4 The Club Committee will have power to close membership if it is deemed necessary.

3.5 The Club Committee will have power to suspend the membership of any member who offends against the Constitution or bylaws of the Club or whose conduct, in the opinion of the Committee, renders them unfit for continued membership.

4) SUBSCRIPTIONS

4.1 The cost of annual subscription will be £12. The Club Committee will however have power to reduce the cost of subscription after 30th June each year.

4.2 Members who are elected as Officers will not be liable for the cost of subscription.

5) MANAGEMENT

5.1 The management of the Club will be vested in a Committee, which will consist of: Secretary, Assistant Secretary (together called ‘*the Officers*’) and up to nine other members.

5.2 All members of the Club Committee will be elected at the Annual General Meeting and, subject to termination of office by resignation or otherwise, remain in office until successors are elected at the next Annual General Meeting.

5.3 The Club Committee will have power to fill any casual vacancy which may occur.

6) BOOKING REQUIREMENTS

6.1.1 Bookings for an organised Club hill-walking event will only be accepted when made either by e-mail to CivicWalker@Gmail.COM or by phone/text to 07963064198. Bookings for either a Saturday or Sunday event will only be accepted from a member or ‘*invitee*’ on conclusion of the preceding Saturday and/or Sunday event. Any member or ‘*invitee*’ failing to make either an e-mail or phone/text booking will not be allowed to participate in that organised Club hill-walking event.

6.1.2 Any member or ‘*invitee*’ subsequently wishing to cancel a seat on ‘*Club Provided Transport*’ (i.e. minibus or private vehicle being used specifically at the request of the Club) must do so either by e-mail to CivicWalker@Gmail.COM or to the Club’s telephone number as specified in the booking confirmation (‘*Due Notification*’). No other method of cancellation will be considered valid.

6.1.3 If ‘*Due Notification*’ of the cancellation of a seat on ‘*Club Provided Transport*’ is received prior to 10:00am on the Friday one week before an organised Club hill-walking event (‘*Timely Notification Deadline*’), no payment will be

required and any payment received will be refunded in full by BACS transfer on receipt by the Secretary of the *'invitee'* or member's bank sort-code and account details.

6.1.4 If *'Due Notification'* is received after the *'Timely Notification Deadline'*, but it is subsequently possible to fully allocate all seats on all *'Club Provided Transport'*, no payment will be required and any payment received will be refunded in full by BACS transfer on receipt by the Secretary of the *'invitee'* or member's bank sort-code and account details. In all other circumstances the fee will remain payable in full.

6.1.5 Full payment should ideally be received by the Secretary within five working days of the booking. If payment is not received by the Saturday following the walk, a **£1** administration fee will be levied.

6.1.6 Seats in all *'Club Provided Transport'* will be allocated on a *'first come, first served'* basis. In the event of all seats in all *'Club Provided Transport'* being allocated, a reserve list will be created and the Secretary will, if numbers permit, arrange additional Club provided transport. If this is not practicable, a full refund will be given.

6.1.7 The driver(s) of all *'Club Provided Transport'* will travel free of charge and a standard mileage rate (based upon the price of unleaded petrol per litre ÷ 6.599) will be paid to members or *'invitees'* by the Secretary upon notification of the mileage incurred from the Civic Centre.

6.1.8 If a member or *'invitee'* is unable, for whatever reason, to travel in *'Club Provided Transport'* and still wishes to participate in the walk, mileage will not be paid by the Club, however a booking must still be made with the Secretary in respect of all participants. If the required **£5** per participant is not received by the Secretary by the Saturday following the walk, a **£1** administration fee will be levied.

6.1.9 Members who have either provided or driven *'Club Transport'* will immediately thereafter be able to make a booking for any organized Club hill-walking event for the remainder of that calendar year.

6.2.1 Bookings for either a Club Week or Weekend event will only be accepted when made either by e-mail to CivicWalker@Gmail.COM or by phone/text to 07963064198. The *'initial payment'* required in order to confirm the booking should ideally be received by the Secretary within five working days. Once in receipt of the required *'initial payment'*, each Club member and *'invitee'* will, in the event of subsequent cancellation, remain liable for the full total cost of each bed unless it is possible to fully allocate all beds in all Club organised accommodation. The Club therefore suggest that participants should ideally invest in a suitable holiday cancellation insurance policy.

6.2.2 A **£10** per participant administration fee will be levied in respect of all organised Club week events together with a **£5** per participant administration fee being levied in respect of all organised Club weekend events.

6.3 If the Club cancels an event for any reason, a full refund will be given.

6.4 The Club Committee shall have the absolute discretion to agree to a refund/non-payment of fees in exceptional circumstances. These would include (but are not limited to) where a member or *'invitee'* has a serious injury or illness that prevents them participating in an organised Club hill-walking event or suffers a bereavement.

7) SAFETY REQUIREMENTS

7.1 Members and *'invitees'* intending to participate in an organised Club hill-walking event must ensure that they have made an e-mail or phone/text booking and must also provide, on the day, full written details of their intended route (with possible variations), the name and telephone number of a person to be contacted in an emergency and sign to confirm that they agree to abide by the Club Indemnity and safety bylaws. The Club also recommend that members and *'invitees'* should carefully consider whether they have the necessary ability and experience to safely complete their intended route in view of the terrain, fell and weather conditions and the hours of daylight.

7.2 Members and *'invitees'* must wear strong boots with good grips and carry the following items of clothing and personal equipment in a well-fitting rucksack: spare warm clothing, full set of waterproofs, torch, whistle, emergency rations and a survival bag. An ice axe must also be carried if winter conditions are likely to be encountered. In addition, each group of walkers must have access to at least one map, compass and basic first aid kit for the entire walk.

7.3 Members and *'invitees'* must wear a seat belt when travelling to an organised Club hill-walking event in *'Club Provided Transport'*.

8) ALTERATIONS TO THE CLUB CONSTITUTION - The Club Committee will have power to alter the Constitution of the Club, but no such alteration will take effect until confirmed at a General Meeting.

9) BYLAWS - The Club Committee will have power to make bylaws for regulating the conduct and affairs of the Club, provided that they are not inconsistent with the Constitution of the Club. Such bylaws will be notified to and be binding on all members.

10) ANNUAL GENERAL MEETING

10.1 The Annual General Meeting will be held not later than 31st January each year in order to transact the following business:-

10.1.1 to receive and, if approved, adopt a statement of the Club's Accounts to the end of the current financial year;

10.1.2 to consider and, if approved by a majority of two-thirds of those members present and voting, sanction any duly made alteration to the Constitution of the Club;

10.1.3 to appoint the Secretary, Assistant Secretary and other members of the Club Committee;

10.1.4 to deal with any motions which either the Club Committee or members wish to bring before the meeting;

10.1.5 to consider making an appropriate Club donation to the [Lake District Search and Mountain Rescue Association](#) (*LDSAMRA*) having due regard to the current state of the Club's finances.

10.2.1 All proposed alterations to the Constitution of the Club, motions to be considered at the meeting and nominations for the Officers and Committee must be made on the form provided for that purpose and be received by the Secretary by the due date. Motions received after this date may still be considered at the meeting, subject to the prior agreement of the Club Committee.

10.2.2 At least seven days notice will be given to members of the date, venue and agenda items for the Annual General Meeting.

10.2.3 If less than three members are nominated for the Officers and Club Committee by the due date, the Secretary will have power to re-elect the retiring Officers and Committee. If less than three retiring members agree to be re-elected, the Secretary will call a General Meeting in order to consider a resolution for the dissolution of the Club.

11) SPECIAL GENERAL MEETING

11.1 A Special General Meeting will be convened by the Secretary within one calendar month of the receipt of a written requisition signed by at least three members, for any of the following purposes:-

11.1.1 to consider and, if approved by a majority of two-thirds of those members present and voting, sanction any duly made alteration to the Constitution of the Club;

11.1.2 to deal with any motions which either the Club Committee or members wish to bring before the meeting;

11.1.3 to remove any member or members of the Club Committee from office and to fill any vacancy or vacancies caused by such removal;

11.2 At least seven days notice will be given to members of the date, venue and agenda items for the Special General Meeting.

12) CHAIRPERSON'S CASTING VOTE - At Club Committee and General Meetings those present will elect one of their number to be Chairperson. The person so elected will have a casting vote in the event of an equality of votes.

13) POSTAL VOTE - If a member is unable to attend a General Meeting where a ballot is required, a postal vote will be accepted, provided it is made on the form provided for that purpose and it is received by the Secretary by the due date.

14) QUORUMS

14.1 At Club Committee meetings (except for the purpose of expulsions when five members will form a quorum) three will form a quorum.

14.2 At General Meetings ten members will form a quorum.

15) INDEMNITY

As a condition of membership of Gateshead Civic Walking Club and of participation in its activities, members agree and acknowledge:-

15.1 That it has been brought to their attention that many of the Club's activities take place in steep, exposed mountainous or otherwise potentially hazardous terrain;

15.2 That any children or other legally incapacitated persons who attend the Club's activities at a member's invitation, remain that member's responsibility throughout and he or she agrees to indemnify the Club Committee and all others involved in the organisation or leadership of Club activities (*'the Organisers'*) against all liability arising by virtue of that member's *'invitees'* participation in the same;

15.3 That *'the Organisers'* do not hold themselves out as having any special or particular skills or experience and do not bear any responsibility for members or member's *'invitees'* safety;

15.4 That *'the Organisers'* shall not be under a duty to effect or maintain insurance cover in respect of death or injury to members or *'invitees'* nor loss of or damage to their property arising from participation in Club activities;

15.5 That members are responsible for ensuring that they and their *'invitees'* are properly equipped and clothed for each Club activity;

15.6 That members and *'invitees'* participate in all Club events in the knowledge of all the above facts and in so doing acknowledge that they are a volunteer for the attendant risks and that no liability for death, injury or damage to property arising from members or *'invitees'* participation will attach to *'the Organisers'*.

16) DISSOLUTION OF THE CLUB - If at any General Meeting a resolution for the dissolution of the Club is passed by a majority of three-quarters of the members present and voting, the Club Committee will immediately, or at such future date as may be specified in such resolution, proceed to realise the property of the Club and, after discharge of all liabilities, will divide such property equally among all members. On the completion of such discharge, the Club will be dissolved.

17) HEADINGS - The Club Constitution headings are for ease of reference only and will not be taken into account in their interpretation.



2020 MEMBERSHIP APPLICATION FORM

FULL NAME

HOME ADDRESS

POST CODE

 [Home]

 [Mobile]

 [Work]

EMAIL ADDRESS

Home

Work



Club news will ideally be circulated electronically in order to reduce the associated printing, stationary & postage costs; information may also be viewed and/or downloaded via <http://www.civiewalker.org.uk/>. If however you still wish to receive printed copies please place a tick in the following box:


Person to be contacted in an emergency

Name

Address



Relationship

Details of your  [Mobile] together with your emergency contact will appear on event Attendance Sheets.

Have you a medical condition of which the Club should be made aware?

YES/NO

If **Yes**, give details:


If you have access to a car, would you be prepared, if necessary, to use it once per calendar year to supplement Club transport and enable more than 17 members to participate?

YES/NO

Where did you hear about the Club?

Annual Subscription Fee (expires 31/12/20)

£12

TOTAL {Cheques to be made payable to **Gateshead Civic Walking Club**}.
 Sort code: 77-20-22 Account number: 17611760 {Reference = your full name}

£12

I AGREE TO ABIDE BY THE CLUB CONSTITUTION AND HAVE NOTED THE CLUB INDEMNITY AND SAFETY REQUIREMENTS OVERLEAF.

SIGNED

DATE

Return completed Membership Application Form {and cheque} to **Graeme Page, % 59 Walden Close, Urpeth Grange, Ouston, Chester le Street, Co. Durham. DH2 1TF**. Election to Membership is subject to the agreement of the Committee.  CivicWalker@Gmail.COM

CLUB INDEMNITY AND SAFETY REQUIREMENTS

As a condition of membership of Gateshead Civic Walking Club and of participation in its activities, members agree and acknowledge:-

- ① That it has been brought to their attention that many of the Club's activities take place in steep, exposed mountainous or otherwise potentially hazardous terrain;
- ② That any children or other legally incapacitated persons who attend the Club's activities at a member's invitation, remain that member's responsibility throughout and he or she agrees to indemnify the Club Committee and all others involved in the organisation or leadership of Club activities (*'the Organisers'*) against all liability arising by virtue of that member's *'invitees'* participation in the same;
- ③ That *'the Organisers'* do not hold themselves out as having any special or particular skills or experience and do not bear any responsibility for members or member's *'invitees'* safety;
- ④ That *'the Organisers'* shall not be under a duty to effect or maintain insurance cover in respect of death or injury to members or *'invitees'* nor loss of or damage to their property arising from participation in Club activities;
- ⑤ That members are responsible for ensuring that they and their *'invitees'* are properly equipped and clothed for each Club activity;
- ⑥ That members and *'invitees'* participate in all Club events in the knowledge of all the above facts and in so doing acknowledge that they are a volunteer for the attendant risks and that no liability for death, injury or damage to property arising from members or *'invitees'* participation will attach to *'the Organisers'*.
- ⑦ Members and *'invitees'* intending to participate in an organised Club hill-walking event *must* ensure that they have made an e-mail or phone/text booking and must also provide, on the day, full written details of their intended route (with possible variations), the name and telephone number of a person to be contacted in an emergency and sign to confirm that they agree to abide by the Club Indemnity and safety bylaws. The Club also recommend that members and *'invitees'* should carefully consider whether they have the necessary ability and experience to safely complete their intended route in view of the terrain, fell and weather conditions and the hours of daylight.
- ⑧ Members and *'invitees'* *must* wear strong *boots* with good grips and carry the following items of clothing and personal equipment in a well-fitting *rucksack*: spare warm *clothing*, full set of *waterproofs*, *torch*, *whistle*, *emergency rations* and a *survival bag*. An *ice axe must* also be carried if winter conditions are likely to be encountered. In addition, each group of walkers *must* have access to at least one map, compass and basic first aid kit for the entire walk.
- ⑨ Members and *'invitees'* *must* wear a *seat belt* when travelling to an organised Club hill-walking event in *'Club Provided Transport'*.