



Bridgnorth Lions Walk - Safety Notice

The safety of the Bridgnorth Lions Walk participants is of paramount importance to the walk organisers and the Police.

At the start of the Walk

Take great care in Whitburn Street and Squirrel Bank to avoid colliding with the traffic bollards and tripping over the high kerbs.

Upon reaching the by-pass footbridge you must obey any instructions given to you by the marshals regarding safe crossing.

During the Walk

Take extra care on the steep descent of the Brown Clee incline, particularly in wet conditions. Although there are plenty of 'Caution Walkers' signs to warn traffic to expect walkers, remember that drivers still have right of way on the road. They may not slow down when you expect them to. Keep to the right hand side of the road near to the verge and facing the traffic when possible.

On the return to Bridgnorth town centre after the bypass footbridge, walkers must keep to the pavement.

Marshals will be situated at one mile intervals around the route and in areas of high risk.

If you are asked to stop and wait for traffic, you must do so. Always do as the Marshals advise.

CHECKPOINTS:

Marshals will be posted at ONE MILE intervals from checkpoint 3 onwards. Water will be available at these points.

To ward off dehydration and cramp it is essential to drink water throughout the Walk.

Any person who drops out of the Walk must inform a Marshal and wait at the nearest checkpoint to be picked up.

FIRST AID: There will be first aid posts at key locations along the walk and at the finish.

TOILETS: Toilets will be sited along the route.

ALL WALKERS ENTER AT THEIR OWN RISK. THE WALK COMMITTEE CANNOT BE HELD RESPONSIBLE FOR PERSONAL INJURY OR LOSSES.

Please note carefully:

The distance covered in the senior walk is a long distance along a very demanding route. It is **ESSENTIAL** that you do some training walks in the weeks before the Walk takes place. Please be prepared for weather conditions during the walk. In the event of extreme heat or sun, ensure you wear a sun hat, drink plenty of water and do not take your shirt off.

It can be cold on the summit of Brown Clee, so make sure you don't stay there too long and come prepared for all the British weather can throw at you.