

## HOT WEATHER

It is not yet clear when the current hot spell is going to end and even less clear whether we can expect further similar periods this summer. The recent problems in the Brecons provide a salutary lesson for all those involved in outdoor activities and, while I would not like to compare the standard South Cots walk to SAS training, given the varying levels of fitness similar problems could arise.

The onus for members safety must rest with the leader and the walkers taking part although if leaders want to discuss their walk please don't be afraid to speak to Mike on 01453 873625 or myself on 01453 762373 . While temperatures remain high please consider the following points:-

- 1). Is the degree of difficulty of your walk such that you feel it might be safer to call it off? If so please contact Mike as early as possible so that people can be informed. It may be an idea to go to the start to tell anybody who doesn't get the message. Don't be afraid to call off the walk. Peoples lives and health are more important.
- 2). If you decide to go ahead please consider the following:-
  - Can you make any alterations to the walk to make it shorter or easier?
  - Don't be afraid to take the walk at an easier pace than you would normally walk. Stop other walkers from forcing the pace.
  - Consider the people you have on the walk. Is there anybody you feel might be particularly vulnerable?
  - Ensure that everybody is carrying enough water. As leader you might want to consider extra supplies yourself in case anybody runs out.
  - Watch out for signs of dehydration.
  - Allow for plenty of water stops. These should be at least every 20 minutes. Give everybody chance to have a rest and a drink. Don't go charging off as soon as the back marker catches up.

With care and a little common sense a heat wave should not cause problems but we do need to be aware of the dangers.

Richard Davis  
Chairman South Cots  
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