

GIRLY RAMBLE

Welcome to the Team

Welcome to Girly Ramble! We are absolutely thrilled to have you on board as a Lead Walker. Our mission is to create a safe, inclusive, and empowering space for women to explore the outdoors, build friendships, and challenge themselves.

As a Lead Walker, you are the face of Girly Ramble. You are not just a navigator; you are a community builder, a cheerleader, and a safety officer. This pack contains everything you need to know to confidently lead our groups from the meeting point to the summit and back again.

Core Responsibilities

Timekeeping & Logistics: Managing the group from the meeting point to the trail.

Safety: Conducting headcounts, monitoring the weather, and managing first aid.

Navigation: Confidently leading the planned route while keeping the group together.

Brand Ambassador: Upholding the positive, inclusive, and supportive ethos of Girly Ramble.





Arrival & Registration

Please arrive at the designated meeting point at least 15-20 minutes before the scheduled meet time. Wear your Girly Ramble top or lanyard so you are easily identifiable as the group leader!

Use your digital or printed register to check participants off as they arrive. Do not leave for the travel phase until everyone is accounted for or the 10-minute grace period has passed.

The Welcome Briefing

Before train departure, gather the group together.

Introductions: Welcome everyone and encourage a quick icebreaker.

Logistics: Give a brief overview of the travel plan (e.g., "We are catching the 9:15 AM train to [Destination] and we should be on the trail by [Estimated Time]").

Facilities: Remind everyone to use the toilets before departing, if available.



PRE-HIKE PROTOCOL

Setting the tone for the day

The Travel Phase

Remember, the journey begins before you even hit the trail! Keep the group together on public transport. Ensure everyone knows the destination train station etc in advance so no one gets left behind. Keep the energy high and use this time to help the group get to know each other.

Lead Walker Pro-Tip:

Try to position yourself near the middle of the group on the train or bus. This makes it easy to chat with everyone and keep an eye on the group. If anyone looks nervous, shy, or is arriving alone, the travel phase is the perfect time to sit next to them, strike up a conversation, and make them feel completely at ease before the walking even begins!





The Trail Briefing

Once you arrive at the start of the hike, gather the group before setting off.

Announce the route overview, including distance, estimated time, and difficulty (e.g., "We have a steep incline for the first mile, but it levels out"). Let them know where lunch and snack breaks will be, and remind them to always alert you if they need to stop or step off the trail for a toilet break.

Pacing & The Back-Marker

Reassure the group that we always hike at the pace of the slowest walker. Nobody gets left behind at Girly Ramble!

If the group is 10 or more in size ask for a willing volunteer to act as the "Sweep" or "Back-Marker." This person stays at the very back of the group to ensure everyone stays ahead of them. (Note: If there are two Girly Ramble guides on the hike, the second guide will take this role).



ON THE TRAIL

Guiding with confidence and care

Conduct discrete headcounts regularly—especially after breaks, when crossing roads, or after passing through farm gates.

Ensure the group respects the environment by following the Countryside Code. Make sure all trash is taken home, wildlife is left undisturbed, and all gates are closed behind you.

To keep the group bonded, a good idea is to stop the walk at a picturesque spot, sit on the grass and open up a frank fulsome conversation to encourage the ladies to open up.

Lead Walker Pro-Tip: Keep an eye on group morale! If the weather turns cold or a hill is particularly tough, a quick pause for water, a handful of sweets, and some positive encouragement can completely change the group's energy.





Be Prepared: Kit & Weather

First Aid: You must carry your Girly Ramble-approved First Aid Kit on every single walk. Please check it before every shift to ensure it is fully stocked, and let HQ know if you need supplies replenished.

Weather Conditions: Always check the local weather forecast (we recommend the Met Office app) the night before and the morning of the walk. British countryside weather can change quickly! If there are severe weather warnings (e.g., thunderstorms, localized flooding, or extreme heat), contact HQ immediately to discuss route alterations or cancellations.

The Emergency Protocol

In the rare event of an accident or medical emergency on the trail, follow these steps:

1. Stop & Secure: Halt the group and ensure everyone is in a safe location away from hazards.

2. Assess & Treat: Assess the casualty and administer first aid if it is safe and you are trained to do so.

3. Call for Help: If it is a serious emergency, dial 999 (or 112). Ask for the Police, and then ask for Mountain Rescue.



HEALTH & SAFETY

Our number one priority

Incident Reporting

4. Notify HQ: Call the Girly Ramble Emergency Contact Number as soon as the situation is under control and help is on the way.

5. Document: An Incident Report Form must be filled out and submitted to HQ within 24 hours of the event, no matter how minor the injury.

Safety Pro-Tip: Download the OS Locate app or What3Words on your phone. If you ever need to call for rescue, these apps do not need a phone signal to give you an exact grid reference of your location, saving vital time!





The Journey Home

The walk isn't over until everyone is safely on their way! Guide the group back to the train station.

Thank everyone for coming, celebrate their achievement, and mention any upcoming Girly Ramble events. If you took group photos for social media, ensure you have verbal consent before sharing them with HQ. Finally, drop a quick text to HQ just to confirm the walk is complete and everyone is safe!

Lead Walker Gear Checklist

What Girly Ramble Provides:

High-vis / Branded Uniform
First Aid Kit
Route maps / Risk Assessments
A selection of snacks for walkers

What You Need to Bring:

Fully charged phone & portable power bank
Appropriate walking footwear & waterproofs
Extra warm layers & a foil emergency blanket
Ample water and your own snacks
A reliable watch to manage pacing



WRAP-UP & ADMIN

Finishing strong and staying organized

Contacts & Admin

Admin: Please log your hours via Girly Ramble's Admin Hub App. If you are unwell and cannot lead a walk, you must notify HQ at least 24 hours in advance so we can arrange cover.

Girly Ramble HQ Enquiries: admin@girlyramble.com

HQ Urgent Contact (On the day): call Dexter on 07577026432

Emergency Services: 999 or 112

Pro-Tip: Save the HQ Urgent Contact number in your phone right now so you never have to search for it on a windy hill!

Thank you for being a part of the Girly Ramble team. We couldn't do this without you!

