

## 6 Dales Walk - Rules 2024

The Six Dales Walk is a team walk, split into Junior and Senior sections. Both follow the same linear route, with the Junior Walk finishing at the 23 mile checkpoint, and the Senior Walk at the end of the 42 miles. Due to the safety cover put in place by the organisers Scout hillwalking permits are not required by teams entering the Six Dales.

**Please note these rules have been redrafted for this year, the most significant change is that ALL Junior Teams are now required to be accompanied by a walker or walkers aged 18 or over.**

### A General Rules and Information

For reasons of safety and fairness walkers must abide by the rules below. If these are not followed, the organisers can compulsorily retire walkers and/or teams from the walk and teams may, at the discretion of the organisers, be disqualified from any and all trophies.

The organisers reserve the right to alter any arrangements on the day of the walk as deemed appropriate.

1. Teams must consist of between 4 and 7 walkers. Age requirements are shown in the Junior and Senior Rules below. 13 and 14 year olds can enter either walk, but not both. All ages are as on the day of the walk.
  2. Times and distances for trophies are calculated to the furthest point where the team still meets the original team requirements i.e. at least 4 walkers remain in the team and any age requirements continue to be met.
  3. There is no set route, however each checkpoint (see section F below) **must** be visited in order and teams should plan to stay on public footpaths and areas of open access land.
  4. The equipment listed in Section G, below, is compulsory for reasons of safety and fairness. There will be a kit check at the start checkpoint and walkers and/or teams that do not have the correct kit will not be allowed to start the walk. Further kit checks can and will be carried out at the discretion of the organisers to ensure this rule is complied with by all walkers and teams.
  5. All members of the team aged 18 or over have completed a DBS disclosure in accordance with Scouting/Guiding requirements as appropriate. Where a team is made up of all 18s and over, then DBS disclosures are not required (e.g. a team of Scout Network members).
  6. Teams will be allocated a start time by the organisers. Teams must report to the designated meeting point, NB NOT the first checkpoint, at least 15 minutes before their start time and wait to be called up to the first checkpoint by the organisers. Teams must **not** report directly to the first checkpoint without reporting to the organisers at the designated meeting point.
  7. The winning team in each trophy category is the team of four or more that walks together the furthest in the shortest elapsed time, measured from when their team are recorded as leaving the start NOT the team to reach a checkpoint first. A team may only win one trophy other than the individual trophies in both Junior and Senior Walks
  8. When not at checkpoints, walkers must stay within easy talking distance of the rest of their team, except in case of emergency.
  9. Walkers can only retire from the walk at checkpoints, except in case of emergency.
  10. In case of emergency or injury, walkers must follow the procedure set out on the Emergency Safety Card, see Section H below
  11. Teams are given a Control Card for each walker at the start checkpoint, which must be handed at each Checkpoint to the Timekeeper on arrival and then collected when leaving.
  12. Teams will **not** normally be allowed to continue from a checkpoint after the cut off times (see Section F below). In the interest of safety, the organisers can compulsorily retire walkers, including entire teams, between checkpoints, such walkers will be picked up by the organisers and transported or walked to a checkpoint. This can be done regardless of whether they are past the cut off time for the next checkpoint or not.
  13. If a team has less than 4 walkers that have not retired from the walk, then they can not continue in the competition as a team. However at a checkpoint, **with the agreement of the checkpoint marshal**, walkers from such teams who want to carry on walking can combine with walkers from another team to form a walking group of between 4 and 7 walkers. In order to track that walking group during the rest of the event it will be given a new temporary team number but it is not a team in the competition. If at least 4 walkers from an original team continue together in the walking group then that original team continues to be eligible for the trophies. The organisers may ask teams or walkers to join together to form a new team as above. Teams can choose to refuse this, unless they will be the last team leaving the checkpoint. No credit time will be given to walkers who have to wait to join a reformed team.
  14. Spare kit – At the designated meeting point, near the first checkpoint, walkers can hand in to the organisers spare kit (e.g. change of clothes and footwear) contained in a separate holdall or rucksack **per walker** (not a plastic bag or bin liner), which **MUST** have attached to it the provided luggage tag with their individual walker number. Any such spare kit will be transported by the organisers so that it is available to walkers, **after retirement**, at Kilnsey, Lofthouse, Grewelthorpe or West Tanfield checkpoints.
- At the discretion of the organisers access to spare kit may be given at West Tanfield checkpoint to **continuing** walkers to allow them access to spare clothing and footwear and to put kit they may no longer be required to carry into their spare kit
15. The organisers will arrange for retired Junior Event walkers to be transported to Lofthouse checkpoint and retired Senior Event walkers to West Tanfield.
  16. Once walkers have started the walk then any form of assistance to walkers from supporters is not allowed until walkers are retired from the walk.
  17. No dogs or other pets are allowed on the walk.

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### B Junior Walk

1. All teams must be accompanied by at least one walker aged 18 or over, who complies with the membership requirements of the team's relevant organisation.
2. To be eligible for Junior Trophies, a team must include a minimum of three walkers aged 14 or under.
3. A team may include other walkers aged 15 or over, who will count towards the total number of members (maximum 7), but only those 14 or under will be eligible for trophies.
4. The minimum age for walkers is 10.

**Trophies are awarded to those teams that have walked the furthest in the shortest amount of time. A team may only win one trophy and trophies are awarded in the following order of priority:-**

- i) **Ure** All Junior Teams
- ii) **Junior Novice** A team whose members 14 years old and under have not previously won a Six Dales Trophy
- iii) **The Peter Page Trophy** Awarded to the youngest walker to reach the end of the Junior Walk

### C Senior Walk

1. The minimum age of entry is 13 years
2. From West Tanfield checkpoint onwards, walkers may proceed in teams of 2 or 3, but will only be eligible for trophies achieved when walking in their original team of 4 or more walkers, except the Ribble Trophy as this is an individual Trophy.

**Trophies are awarded to those teams that have walked the furthest in the shortest amount of time. A team may only win one trophy and trophies are awarded in the following order of priority:-**

- i) **Open** All teams
- ii) **Nidd** MALE walkers 13-19
- iii) **Wharfe** FEMALE walkers 13-19
- iv) **Swale** MIXED age 13-19
- v) **North Leeds** Senior teams entered by Groups or Units from North Leeds Scout District
- vi) **Novice** A team where no individual member has won a senior trophy before
- vii) **Ribble** The youngest walker aged 13-19 that reaches the furthest checkpoint on the senior walk

### D Certificates & Badges

- A Six Dales Certificate and Gold Badge** Awarded to all walkers who complete the Senior walk
- A Six Dales Certificate and Silver badge** Awarded to all walkers who reach Lofthouse for the first time
- A Six Dales Certificate and Bronze badge** Awarded to all walkers who reach Kilnsey for the first time

### E Entries

1. A team entry can be reserved by completing the Expression of Interest form on the website [www.sixdales.co.uk](http://www.sixdales.co.uk)
2. A team entry will not be complete until a Team Entry form is completed, either directly on the Six Dales website ([www.sixdales.co.uk](http://www.sixdales.co.uk)) or a paper form, plus an individual entry form for each walker, and a non-refundable entry fee, are submitted by the closing date.
3. Substitution of individual walkers will normally be allowed after the closing date up to 24 hours before the start of the event. Substitutes will be allowed on the day at the start, on the basis, for the purposes of the walk, that the new walker assumes the identity of the original entrant. Information about the substitution must be given in writing to the organisers before the start.

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### F The Route

No	Checkpoint Name	Checkpoint Grid Reference	Approx Distance in Miles	Checkpoint cut off time
1	<b>Start</b> Settle Drill Hall	SD 815 641	0	Allocated start times between 6.30am and 7.30am
2	Street Gate	SD 905 657	7	11:30
3	Kilnsey Village Hall	SD 976 675	12	12:00
4	Mossdale Shooting Lodge	SE 021 701	16	14:00
5	Howstean Catchwater Intakes	SE 054 729	19	15:30
6	Lofthouse Village Hall <b>Junior finish</b>	SE 102 735	23	15:30
7	Grewelthorpe Village Hall / Café	SE 231 761	32	17:45
8	West Tanfield Village Hall	SE 269 788	35	18:30
9	Kirklington	SE 318 813	40	18.45
10	Pickhill <b>Senior finish</b>	SE 344 836	42	

# For safety reasons, there is a recommended route between checkpoints 8 and 9, details of which will be given to walkers

### G Equipment

Individual - Each walker must have the following with them at all times whilst on the walk. (Kit checks are carried			
1	Walking boots	Must provide ankle support and have deep sole tread	
2	Warm trousers	Must protect all of legs. Jeans and thin tracksuit type not suitable	
3*	Three long sleeve tops	Must be sufficient to retain warmth in extreme conditions	
4	Gloves and hat	Must be sufficient to protect in extreme conditions.	
5*	Cagoule/waterproof top		
6	Waterproof overtrousers		
7*	Whistle		
8*	Emergency provisions	e.g. Bar of chocolate	
9*	Torch	Capable of prolonged use	
10*	Food for day		
11*	Mug	For drinks at checkpoints	
12	Water Container	Min 330ml, full at start	
13*	Pen or pencil	To make notes such as grid references in an emergency	
14	Plastic survival bag		
15*	Yellow Day-glo tabard	Available from the organisers at the start. Must be worn or clearly displayed at all times	
Team - In addition, each team must have the following between them (including if re-formed later in the walk)			
16	Two sets of OS maps	To cover whole route, at least 1:50,000 scale (e.g. OS Map no. 98 & 99). GPS devices and apps such as OS Maps may be used but these are in addition to, not replacements for, paper maps which must still be carried	
17	Two compasses	Check for correct operation	
18	Two first aid kits	With selection of plasters, bandages, dressings	
19	At least two mobile phones	Charged and switched on (to allow tracing by emergency services). Numbers to be collected at the start of the walk	

\*Note: At West Tanfield checkpoint (at the discretion of the organisers), Walkers may change into lighter footwear and clothing. All team kit and any individual kit items marked \* above must still be worn or carried.

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### H Incident / Emergency Safety Card

The procedure set out on the Incident / Emergency Safety card is as follows:

#### **Are you lost? Is a member of your team injured or unwell? If so, please read on...**

1. If you have a mobile phone, try and ring the number below
2. Try and find a public phone or any other phone to ring the number below
3. Attempt to find a road or distinguishing landmark to identify where you are from your map - you may be able to get back on route
4. If you are picked up, go to the nearest checkpoint, or to a phone to contact the number below
5. If a team member is injured, remember your training - one fit member to stay and two to go for help
6. Do **NOT** go home unless the organisers know you are safe and well
7. If you cannot find the route and are unable to carry on, try and keep dry and warm - **we will find you**

**Telephone no: xxxxxxxxxxxxxxxxx**