



**MORE ISLANDERS.  
MORE ACTIVE.  
MORE OFTEN.**

# MOVE MORE BUGGY WALKS

## GROUND RULES

Our FREE Move More Buggy Walks are easy walks, designed to improve mental and physical wellbeing. It is a fun way for mums, dads, grandparents and carers to meet new people, and share experiences in a structured way, whilst getting outdoors in the fresh air.

The routes have been carefully chosen so that they are all buggy friendly and last for about an hour.

The walks will start and finish at the same place with a baby friendly cafe or community centre at the start or along the way if your baby needs changing or needing.

Babies need to remain in prams during the walk and not independently toddling.

Please be aware of your buggy and the space around them.

You are responsible for your baby during the entire walk.

If you would like to take a photo of your baby or the scenery whilst out on the walk, please **DO NOT** include anyone else on the session in your picture, without their permission.

Please help us to continue to Inspire an Active Jersey and share your photos being active and having fun by tagging us @MoveMoreJersey and including the hashtags **#MoveMoreJersey** and **#JerseySport** in your social posts.

If you have any questions, or would like to provide some feedback to us, please email us: [movemore@jerseysport.je](mailto:movemore@jerseysport.je)

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