

PLANNING YOUR WALK

- **Reconnoitre your walk within a month of the walk date.**
- **Email** clear, detailed walk information to the convenor no later than a week before the walk. Information to include are incline and declines, loose or slippery surface, off or on track, distance and expected walking time. This information will assist participants to decide whether the walk is suitable for them.
- **Discuss with the convenor** management of risks on the walk, eg. extreme weather, geographical dislocation, injuries, illness or lack of walker fitness.
- **On the day of the walk** discuss with the convenor current weather, warnings, forecast conditions and fire danger rating to assess if the walk needs to be modified or cancelled.
- **Car Shuffle arrangements** are not always easy. Those with expertise will assist the leader before we leave Gingell Street, opposite the Railway Hotel.



BEFORE YOUR WALK

- Check that the First Aid Kit and Personal Locator Beacon (PLB) are carried and roll is marked.
- Communicate any last minute information and/or walk details.
- Welcome visitors and/or new members.
- Count how many people are on the walk.
- Appoint a 'whip' to walk at the rear of the group to ensure no person is left behind or is struggling with the pace or topography.
- Check that walkers have transport to the start of the walk.

DURING YOUR WALK

- Remain aware of the physical condition of participants.
- Remain aware that the pace of the walk is suitable for all walkers.
- If someone requires a toilet stop, the 'whip' must wait until he/she has rejoined the walk.
- If for some reason the group must be split, an experienced walk leader who knows the route etc. must be appointed to accompany the second group.
- In the event of a person being unable to continue, the group is not to continue the walk until appropriate arrangements have been made.
- Be prepared to change/shorten/stop the walk because of personnel or environmental problems.

AFTER YOUR WALK

- Thank everyone for participating.
- Check to see everyone has a lift home.
- Discuss with the Convenor any 'incident' and/or feedback and recommendations.

We thank you for being a Walk Leader. The group cannot operate without you.