



HILL VIEW BUSHWALKERS Inc. WALKER GUIDELINES

These guidelines are presented so that members may safely enjoy the HVB walks program.

PRIOR TO WALK

1. **Ensure that you are fit enough** for the degree of difficulty of the walk. If in doubt discuss with the leader well prior to the walk.
2. Car pooling is recommended. A contribution to car costs is a common courtesy if you are a passenger in another member's vehicle. The Walks Program shows the recommended contribution for each walk.
3. Arrive at the starting point on time.
4. **Carry sufficient water** for the expected conditions of the walk, generally a minimum of one litre. Two litres or more may be necessary in hotter conditions.
5. Ensure you are suitably equipped including **a personal first aid kit, sunscreen, hat, food**, rain gear, whistle, torch and **appropriate clothing and footwear**. A map and compass may also enhance your enjoyment of the walk. A walking pole may also be of assistance.
6. **Ensure you complete the sign on sheet** after reading the Risk Waiver and noting any risk warnings.
7. Carry your HVB Medical Record Card and Medicare number with you.
8. **Be aware**, that in the event of adverse weather, or transport disruption, a walk may be cancelled at short notice. In this (hopefully rare) event a leader (or nominee) will always attend the 'Starting Point' of the walk to inform walkers of the cancellation.
9. Remember to **bring a sense of humour** and adventure! Our leaders are all volunteers so please remember to be patient and kind.

DURING THE WALK

10. **Follow the leader's instructions**. Remember your leader has your welfare at heart. Be courteous, co-operative and helpful to other walkers in the group.
11. Do not walk ahead of the leader/s.
12. **Do not allow yourself to become separated from the group**. If experiencing any difficulty such as pace, blisters, shortage of water — advise the leader immediately. **Participants should maintain a line of sight with people in front and behind them**.
13. It is your responsibility to allow sufficient distance between yourself and the walker in front so that you are not injured by branches flicking back.
14. Do not leave the track - if on a track walk, or fall behind the person appointed 'tail' for any reason without advising the 'tail'.
15. Generally **you should not leave the walk prior to its conclusion**. However, should you find it necessary to leave the walk the following procedures apply:
 - a. If you leave the walk due to illness, discomfort or other physical reasons, or in the case of receiving emergency news that requires your immediate attention, you **must** advise the leader. If thought necessary, you must accept the leader's decision to send someone with you to accompany you out. Insurance will continue to apply under these circumstances.
 - b. If you leave the walk for personal reasons other than physical stress or emergencies, such as: making a decision to follow a route different to that of the group; curtailing your walk; amending the activity, etc. you **must** advise the leader. HVB responsibilities cease at that point and you may not then be covered by insurance. This applies notwithstanding that your departure may have been pre-arranged.

AT THE END OF THE WALK

16. Ensure the leader/s is aware you have made it to the end of the walk.
17. Do remember to thank the leader/s - they will have already done a reconnaissance of this walk in the previous week or so, just to ensure that *your* walk is untroubled on the day!

To promote health and pleasure through walking as a group