



HILL VIEW BUSHWALKERS Inc.

## WALKER GUIDELINES

### 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. For car pooling options, contact the Secretary.
3. Arrive at 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. Make sure you are fully hydrated before the walk starts.
5. Ensure you are suitably equipped including first aid kit, **sufficient food** including morning tea, lunch, **sunscreen, hat**, 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 sign the Risk Waiver Form** after reading it and noting any risk warnings.
7. **Visitors must let the leader know their dates of Covid vaccination or present a medical certificate if they have a medical condition preventing vaccination.**
8. It can be very useful to have your Medicare card or Medicare card *number* with you in case of accidents. Carry your HVB Medical Record Card and advise the First Aid Officers if you carry an Epi Pen or have any health condition which may impact your walking.
9. Be aware that in the event of adverse weather, track closures or transport disruption, a walk may be modified or cancelled at short notice. In this event, leaders will have a Walk Advisory email sent informing members and visitors of the changes by the Thursday night, or in rare circumstances, very early on the Friday morning. There is no guarantee that leaders will attend the 'Starting Point' of the walk to inform walkers of a cancellation. It is up to members and visitors to check their emails and if necessary, contact the leader by phone if they need to clarify the status of the walk.
10. The 'Starting Point' is always the track head or a train station/bus stop/ferry wharf for public transport walks.
11. If you intend joining the walk at some other place than the 'Starting Point', it is advisable to let the leaders know.
12. 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

13. 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.
14. Do not walk ahead of the leaders unless invited to do so.

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.

16. **Do not allow yourself to become separated from the group**. If experiencing any difficulty such as pace, blisters or shortage of water, advise the leader immediately. **Participants should maintain a line of sight with people in front and behind them.**

17. 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 or other people's walking poles

18. Do not leave the track or fall behind the person appointed 'tail' for any reason without advising the 'tail'.

#### **AT THE END OF THE WALK**

19. Ensure the leader is aware you have made it to the end.

20. Do remember to thank the leaders. They will have already done a reconnaissance of this walk in the previous few weeks, just to ensure that your walk is untroubled on the day.