

GUIDELINES - BUSHWALKERS' GROUP

GENERAL GUIDELINES

Please consider: are you fit to walk today?

- All walkers should always wear or carry their U3A Badge and Confidential Medical Information Form with up to date contacts for Emergency;
- All new members please provide their contacts to the Convenor/s for their records. Any other members please keep us informed of any changes to your Emergency contacts which may have occurred within the last twelve months;
- Appropriate clothing, including hats in hot weather, required for all walks;
- Walkers must carry water with them on all walks;
- Dogs are not permitted on any walks.

GRADING YOUR WALK

Grading consistently enables people to self-assess whether they are fit enough to come on a walk.

Walks should be graded easy, medium or hard, using a combination of:

- Distance;
- Surface (eg. smooth, loose gravel);
- Topography (eg. flat, undulating, hilly);
- Try and keep kilometres and description of walk as accurate as you can;
- Check all weekly walks in the Buzz to judge if the walk is suitable for you.

WALKING

- If there is **no footpath**, walk more safely by walking on the right-hand side of the road – facing oncoming traffic;
- **The Leading walker** should pause at track junctions and wait for other members of the group. This avoids wrong turns by those following. When walking off-track, the same rule applies and members should stay in sight of each other;
- **Crossing major roads** in smaller groups. This has become necessary for the twenty or more walkers that we have been averaging on our walks;
- **The Organiser** of a walk decides "banana break" of approximately 10-15 minutes duration. Our stops are to be kept to a minimum keeping in mind extra short water breaks may be required;
- There is a **minimum time for photos, fungi, wildflowers etc.** We are aware that we all like to take in the serenity of our walks and we are bushwalkers, but it must be kept to a minimum. We do not need to be stretched out so far because we are breaking into smaller groups within our walk.

INSURANCE

Nobody is to return alone. If someone is unable to complete the walk, they **MUST** be accompanied by another person who has access to a mobile phone as a safety measure. Insurance will only cover this by adhering to the above. Always advise the Convenor or the person responsible for the walk that day. Be aware that it is necessary for the Convenor/s to advise the President of U3A of an incident straight away by phone.

- Non-members are NOT covered by U3A Bendigo Insurers and Children under 12 are NOT permitted on walk

OUR RESPONSIBILITIES AS CONVENORS

Convenors have the responsibility to:

- oversee safety and risk situations for members, particularly off-site;
- be aware of all issues concerning OH&S.

Note: In an emergency a call on your mobile phone to 112 will connect to any available server.

SAFETY IS OUR NUMBER ONE PRIORITY AT ALL TIMES

On **High Fire Danger days, 35 degrees plus**, an urban walk is required as stated in the Insurance Policy documents.

Walks may be cancelled in severe weather conditions.

Authorisation:

These Guidelines were adopted by Committee Of Management of U3A Bendigo Incorporated, and minuted as such, on **3rd December 2018**.