

# BUSHWALKERS GUIDELINES

## Introduction

This document provides general information for bushwalkers or people considering joining the group

## GENERAL GUIDELINES

- Check all weekly walks in the Buzz to judge if the walk is suitable for you
- Before all walks please consider: **Am I 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;
- Wear appropriate apparel and footwear for hiking e.g. hat, strong footwear and wet weather gear
- Walkers must carry water with them on all walks;
- Dogs are not permitted on any walks.

## WALKING

- If there is **no footpath**, walk more safely by walking on the right-hand side of the road – facing oncoming traffic;
- **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;
- Keep together as far as possible, especially on tracks that necessitate walking in single file. Where possible, the lead walker should always be able to see the whip and visa versa.

## 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

## SAFETY IS OUR NUMBER ONE PRIORITY AT ALL TIMES

- On **High Fire Danger days, 35 degrees plus**, an urban walk is required.
- Walks may be cancelled on days of **Total Fire Ban Days and in severe weather conditions.**
- Summer walks are planned to mitigate risks of bushwalking during hot weather.

### Authorisation:

These guidelines were adopted by Committee of Management of U3A Bendigo Incorporated, and minuted as such, on 4<sup>th</sup> October 2021.