

# BUSH HIKERS GUIDELINES

## GENERAL GUIDELINES

- Check all weekly walks in the Buzz to see if the walk is suitable for you, and that you are fit enough to walk the distance.
- Take your U3A Badge, and an up-to-date Emergency Contact and Medical Information Form with you. A convenient way to store the form is in a zip-lock plastic bag in a top pocket of your pack.
- Wear appropriate apparel and footwear e.g., hat, strong footwear and wet weather gear.
- Carry sufficient water (e.g. at least one litre – more in Summer).
- Dogs are not permitted on walks.

## WALKING

- On the more major roads where there is no footpath, walk on the right-hand side facing oncoming traffic.
- Exercise extreme caution when crossing major roads. With larger groups, cross in smaller groups of no more than ten.
- In addition to the lunch break on longer walks, have refreshment breaks roughly every hour.
- Nominate whip or “tail-end Charlie” to ensure that no-one gets left behind
- 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

For insurance and safety reasons, no-one is to return alone. If any person is unable to complete a walk, they should be accompanied by another person who has access to a mobile phone.

If the Convenor or the leader on that day are not present, they should be advised of the incident as soon as possible. One of them must then notify the President of U3A.

- Non-members are not covered by U3A Bendigo Insurers. Children under 12 are not permitted on walks

## WEATHER SAFETY

- All walks will be cancelled on days of Total Fire Ban.
- Walks scheduled for days when the temperature is predicted to be 35° or greater at the time of the walk will be cancelled.
- For the months of January and February, walkers should aim to have walks completed by 10.30 to avoid the heat of the day. They should be no longer than 10km in length, and be close to the built-up area to avoid travelling time.