

Berwick Bushwalking Club

Guidelines for Walkers

Each walk has a leader and a whip: The leader organises the walk and the whip takes up the rear ensuring all walkers stay together.

For insurance purposes visitors pay \$5 which enables them to undertake 3 separate walks.

Application for membership can be made after completing 1 walk.

Walkers to meet at the start of the walk.

Walkers

- Ensure the walk is within your capabilities. Walks can vary considerably in length and difficulty.
- Be equipped with appropriate clothing and equipment including mobile phone.
- Have adequate food and water - **at least 1 litre of water**, more on a hot day.
- Have first aid kit, including medications if applicable
- Have whistle to attract attention. If separated from group or emergency: blow 3 times
- Inform leader if experiencing difficulties
- Inform the Leader or the Whip if leaving group for any reason
- Respect the environment

Leader

Before day of walk:

- Recce walk, have a map
- Cancel walk if conditions unsuitable: extreme weather conditions: rain, temperature in excess of 33c, high wind, total fire ban

Day of walk:

- Circulate walk form to all walkers and check numbers
- Give details of walk ensuring all walkers can complete the walk
- Appoint the whip
- Stay in the lead during walk
- Stop at intersections ensuring all walkers are in sight

Whip

- Stay at rear of group
- Check numbers after breaks
- Ensure all belongings are collected after breaks