

Federation Walks Weekend

21-22 October 2023



WALKERS RESPONSIBILITIES

We ask all participants to accept the following basic responsibilities to enable everyone to enjoy their walks and to help ensure the safety of all participants and protection of the environment:

- Participate on walks that are suited to your experience and capability.
- Always respect the walk leader's judgement.
- Be considerate of others in your party and groups you may meet.
- If walking in front, stop at intersections and track junctions. Wait for the group to catch up.
- Keep the walker in front and the walker behind in sight. Go at the pace of the slowest walker. If you lose sight of the person in front of you, particularly if off track, call out for the group ahead to slow down.
- If you wish to leave the track for any reason, inform another member of the group and leave your pack or walking poles on the track, on the side where you are going off track. Take note of the direction and distance you travel from the track, to enable you to safely return to the track. The whip will wait for you.
- If you become separated from the group, STOP. WAIT. Call out or blow your whistle. DO NOT MOVE. Do not try to find the group – the group will find you.
- Carry adequate food and water for the walk you are on. On warm days carry extra water.
- Wear strong and comfortable footwear.
- Be prepared for changes in the weather and an emergency; carry wet weather gear, extra clothing layers, a few provisions, a first aid kit, whistle and sunscreen at all times.
- Carry your completed 'Participants Emergency Contact & Medical Information' form, laminated or in a waterproof envelope in an outer section of your pack.
- Carry your personal medication. Advise the Walk Leader of any medical condition which may affect you adversely on the walk.
- Inform the Walk Leader immediately if you feel unwell, are experiencing pain, discomfort or have equipment failure, or an incident occurs.
- Adhere to cautions. Take care when negotiating hazards. Treat all logs, rocks and bare earth as if they are slippery, watch and be aware of trip hazards - watch your footing at all times. Walking poles are recommended for most walks.
- If you feel uneasy about any situation, please advise your leader or a fellow walker so they can assist you.
- Respect flora and fauna. Minimise any damage or disturbance that your presence may cause.
- Always walk on the track.
- Bush toilet etiquette requires human waste to be buried 15cm down and no less than 100m from a watercourse.
- Carry out all rubbish, including food scraps.