



## ACT Walking for Pleasure

# INFORMATION FOR NEW WALKERS

**General:** There is no charge for walking, and new walkers are not expected to become members of ACT Walking for Pleasure on their first walk. If after your first couple of walks you choose to continue walking with us, you are then expected to become a member. Our quarterly newsletter, *The Capital Wanderer*, contains news, information, and details of our walk program. The newsletter is delivered to all financial members. Limited details of our walks may also be found at [www.actwfp.org.au](http://www.actwfp.org.au) through the [Our Walks](#) page.

**Disclaimer:** All walkers must sign an attendance record prior to commencing a walk. The attendance record displays a disclaimer that stresses you participate in the walk at your own risk.

**Preparing for a Walk:** Wear sturdy, well-padded shoes, preferably those designed specifically for walking. Soles with a good grip are essential. Wear suitable comfortable clothing offering sun protection including a hat or headgear and apply sunscreen, especially during sunny weather. Bring water or a refreshing drink that you can carry with you. Arrive early, at least 15 minutes prior to the advertised starting time. Leave your pets at home. Do not leave valuables on view when you park your car, and please lock your car.

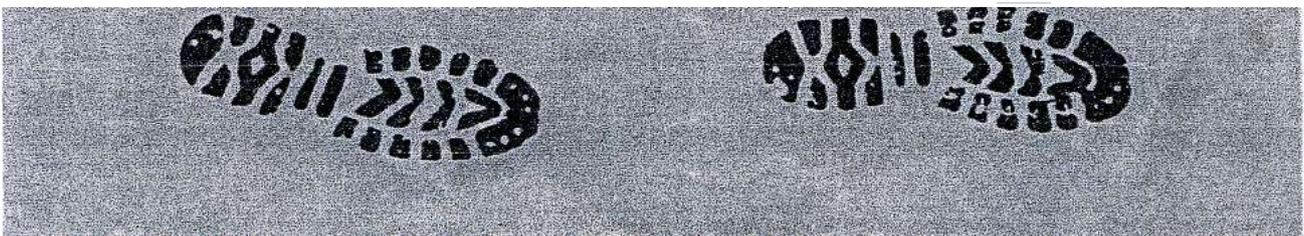
**Safety on Walks:** First aid kits are present on all walks. If you have medical or first aid qualifications, please notify the Walk Coordinator.

**Weather Conditions:** Walks are never cancelled prematurely for any reason. On days of inclement weather the Walk Leader and Walk Coordinator will attend the starting point at the designated time. A decision as to whether the walk should proceed will then be taken in consultation with any prospective walkers.

**During the Walk:** Do not get ahead of the Walk Leader. Keep to the left on shared recreation/bicycle paths. Leave only footprints. All litter, including fruit peel, pips, cores, wrappers, bottle tops and tissues must be carried home with you or deposited in a bin. If you find it necessary to leave a walk at any point, please notify the Walk Leader, Walk Coordinator or the person bringing up the rear. Please do not deviate from the route set by the Walk Leader unless you have prior approval.

**After the walk:** many of us go for coffee or tea at a convenient club or café.

**Enjoy:** We hope you will have many happy years walking with us, and that your health, fitness and quality of life all benefit as a result. More details for new *members* overleaf.





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# *INFORMATION FOR NEW MEMBERS*

**Map References:** Map references in the newsletter for walk meeting places are for the UBD-Gregory's Canberra Street Directory. New issues are published each year, usually in February, marked with the next year: i.e. the 2019 issue was published in February 2018.

**Memberships:** Membership applications should be made through the [Membership](#) tab on our website [www.actwfp.org.au](http://www.actwfp.org.au). Household memberships are for two or more members at the same address; Individual memberships are for one member at an address. The website will display the applicable fee according to the type of membership selected and the current date. The website displays our banking details so that payment can be made by EFT or over the counter at any Beyond Bank branch. All memberships expire on 30 June each year and renewals should be made by that date. If you become a member on or after 1 December, you will pay only half the annual membership fee. Members who fail to renew their membership by 1 July will be removed from the mailing list, and will not receive a copy of the Spring Newsletter. For those who do not have internet access printed Membership forms are available from Coordinators.

**Annual General Meeting:** Our Committee Members and Office Bearers are elected at the AGM. It is also an opportunity for you to have some input into the way the organisation operates and to meet up with members you know and others who walk on different days from you. The AGM may be held at any time between 1 May and 30 September each year, and notice advising the date, time and venue is included in the newsletter.

**Bus Trips:** All members are eligible to join us on bus trips to out-of-town walks, usually held once or twice a year, but these are very popular so you will need to book early. Payment is required prior to the trip.

**Volunteer Walk Leaders:** We are always looking for new walks and new Walk Leaders to keep our program fresh and varied, so if you have any ideas or are prepared to lead a walk, please notify one of the Walk Coordinators. You will need to trial and time your walk and supply a description for inclusion in the newsletter, remembering that all walks need a starting point where there is adequate parking.

**Longer Walks:** If you walk regularly, you will find that your level of fitness improves and you may like to try one of our longer walks that are usually more than 10 kilometres and can be quite challenging. You would need to carry a backpack containing lunch, at least a litre of drinking water, some first aid supplies and wet-weather gear if appropriate. Prior to attempting your first longer walk, please contact the Longer Walks Chief Coordinator, Andrew Welsh, on 0417 439 322 or 6241 5262.

