



ACT Walking for Pleasure Inc.

TIPS FOR WALK LEADERS

Walk Leaders should co-operate at all times with the Chief Coordinator and/or Coordinator.

Thank you for agreeing to lead a walk.

The following suggestions are designed to help you plan and lead the walk.

Planning the Walk

Check that the starting point has space for up to 50 cars. Avoid local suburb shopping centre car parks, and parking along busy or potentially hazardous roads. Check that any parking restrictions permit us to stay for the expected duration of the walk.

1. Check out the entire walk so that you are very familiar with the route. Ensure that it meets the time requirements. (Approx. 1½ hrs. for the Tuesday walk, approx. 1 hr. for the Thursday walk and approx. 2 hrs. for the other days). Please remember to include adequate rest breaks in the overall time and be aware that a group of walkers may be slower than you are when you walk alone to check the route. If the walk is likely to significantly exceed the specified time, please discuss this with the Coordinator.
2. Give the Coordinator a description of the walk for inclusion in the Newsletter, including an indication of the type of walk. (e.g., flat/hilly/some steep parts/etc.) as this allows members to assess whether the walk is suitable for them. Also please provide a clear description of the meeting place with the UBD Map reference if possible.

On the Day of the Walk

Please arrive in plenty of time. (This stops the Coordinator panicking!)

1. The Coordinator will announce as a preliminary to the walk who has the First Aid kit and who is bringing up the rear. Please ensure that you know who these people are, particularly the tail-ender.
2. Give a brief description of the walk before moving off; highlight any safety concerns at this time (e.g., keep to the left on shared bike, walking paths, watch when crossing busy roads, etc.).
3. During the walk try to keep a steady pace. Look back regularly. If the walk is very strung out (and if you cannot see the tail-ender) stop to allow those at the rear to catch up. Check with the person bringing up the rear to see if there are any problems, such as walking too fast etc.
4. If going through bushland, suburban streets etc. where there are turnings with more than one possible route, always make sure that you either stop until all have caught up or be sure that those at the end of the walk are aware of the correct turn to make. This is really vital in bush areas as walkers who do not know the area can easily take a wrong turn.
5. Stop for rest periods. There should be at least one main break of about 5-10 mins (which should be announced) as well as shorter catch-ups. In addition, if the walk is more demanding, or walkers are lagging behind and/or it is very hot, make more stops.
6. At the end of the walk, conduct the group back to the start and wait until all have returned. Check with the tail-ender to ensure that all have safely arrived back.

Bad Weather

Regardless of the weather, always come to the starting point, and in consultation with the Coordinator and any walkers present, decide whether to proceed or call the walk off.