

IMPORTANT TIPS FOR LONGER WALK LEADERS

(ACT Walking for Pleasure, July 2024)

ACT Walking for Pleasure hosts longer walks on an ad hoc basis. These are typically up to about 15 Km in length, though occasionally longer. They are often scheduled on a Tuesday, because this currently suits some of our keen longer walkers.

Any member interested in leading a longer walk is encouraged to do so. Longer walk leaders act as their own coordinator, and all the protocols associated with that role apply in full. However, our duty of care (and our insurance coverage) requires us to pay more attention to safety on longer walks, so the following protocols also apply.

- Please reccy your walk in advance
 - if you are new to leading longer walks, please ask an experienced longer walker to accompany you for general guidance
- Write a full description, including
 - walk grading (see explanatory document on the website)
 - the route, including description of ascent/descents and track roughness
 - distance and estimated duration
 - meeting time, and clear description of the meeting place
 - your own name and contact details
- Send your description to the Membership Secretary (membership@actwfp.org.au) who will
 - forward it to an experienced longer walker for checking (if necessary)
 - schedule a Mailchimp email to go out to all members **two weeks** before your walk
- Collect the longer walk equipment (including personal locator beacon) from the previous longer walk leader ahead of time
 - in the event of an emergency beyond mobile range, the beacon can send a signal and GPS coordinates to the Australian Maritime Safety Authority, who will contact one of several designated members.

Consider using the free version of the Strava app, recording your walk, and following other WFP longer walkers. We look forward to joining you!