

The South Coast Bush Walking Club Inc.

PO Box 102, Wollongong East. NSW. 2520
www.scbw.org.au



Walker Guidelines

Prior to the Walk

1. Ensure that you are fit enough for the degree of difficulty of the walk. If in doubt of your fitness discuss with the leader well prior to the walk.
2. Arrive at starting point on time.
3. Carry sufficient water for conditions of the walk, generally a minimum of one litre, or two litres or more in hotter conditions.
4. Ensure you are suitably equipped including first aid kit, sunscreen, hat, food, rain gear, whistle, torch and appropriate clothing and footwear. A map and compass may also enhance your enjoyment of the walk.
5. Ensure you complete the sign on sheet after reading the Risk Waiver and note any risk warnings.
6. Remember to bring a sense of humour and adventure. Our leaders are all volunteers so please remember to be patient and kind.

During the Walk

1. Follow the leader's instructions. Remember your leader has your welfare at heart. Be courteous, co-operative and helpful to other walkers in the group. Follow Confederation's Bushwalkers' Code.
2. Generally you should not leave the walk early unless pre-arranged, but if it is necessary you must advise the leader and if requested, sign off on the activity sign on sheet. You must accept a leader's decision to send someone with you to accompany you out.
3. Do not allow yourself to become separated from the group. If experiencing any difficulty such as pace, blisters, shortage of water, advise the leader immediately. Participants should maintain a line of sight with people in front and behind them.
4. Car pooling is recommended. Contribute to car costs if you are a passenger in another member's vehicle.
5. It is your responsibility to allow sufficient distance between yourself and the walker in front so that you are not injured by branches flicking back.
6. Do not leave the track, if on a track walk, or fall behind the person appointed 'tail' for any reason without advising the 'tail'.

At the End of the Walk

1. Ensure the leader is aware you have made it to the end.
2. Remember to thank the leader.