



**P.O Box 398
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DANDENONG VALLEY BUSHWALKING CLUB INC

LEADER'S CHECKLIST

The following are suggested guidelines for consideration by activity leaders. Suggestions for future revisions are most welcome.

Planning the Walk:

- Talk about the walk with other members and possible participants, if appropriate.
- Plan to match the walk with ability, fitness and experience of participants.
- Consider time of year and weather conditions required for walk.
- Make enquiries about the walk, eg. maps, track-notes, points of interest, lunch spot, toilet facilities, availability of water.
- Are there special navigation considerations for the walk?
- Estimate driving/walking times for the day and whether the trip will fit into the time available.
- Make allowance for regular rest stops.
- Is the route flexible enough to allow for increasing/decreasing its length?
- Be aware of dangers and hazards along the route, eg. fire, river crossings, tides, heat, cold.
- Does degree of difficulty increase the need for "escape routes"?

The Walk:

- Let a contact know of your plans.
- Record names and addresses of walkers and emergency contact phone number for each person.
- Before the walk, introduce walkers to each other and arrange carpooling and transport.
- Are there any medical problems or considerations, eg. asthma, diabetes?
- Consider first-aid requirements.
- Keep the party together and, for larger parties, appoint a "whip". The overall pace of the walk should be set by abilities of the group.
- Be aware of new or lonely walkers.
- Make sure all drivers know the route and that all cars are mobile before leaving.
- Each member of the group must know what personal clothing and equipment is appropriate for the walk, eg. water/wind proof jacket, well-treaded footwear, gaiters, jumper, sun-hat/beanie, gloves, sunglasses, sunscreen, water bottle, lunch, map, compass, toilet paper, first aid kit.

If you:

- Cannot lead the walk, contact the Walks Convener.
- Want to change the walk from its listing in the program: Contact the Walks Convener.

References:

- Club map collection and reference books. *[Ask the Walks Convener for the name of the current custodian of the Club collection]*
- Club track-note collection
- Other members
- "Walksafe" Vicwalk booklet, August 2005.
- Parks Victoria, Dept. Sustainability and Environment.

Naismith's 'Rule' for an average walker with a medium pack:

This Rule is a rough and ready guide to walking times. Add extra time for rest stops and lunch.

Allow 1 hour for every – 4 km easy going

3 km easy scrambling

1.5 km of extremely rough country, deep sand, soft snow or thick bush

Add 1 hour for every – 500 m up

1000 m down

For every hour (after 6 hours) add an extra hour for fatigue.

Very experienced and very fit walkers can reduce the total by one-third.