

WALKER INFORMATION

Walks Program Updates

The walks program is subject to changes and additions as advised at monthly meetings, amendments to the Walks Program on the Club web page, and in the update notices that may be issued by email from time to time.

Walks Grades

- E** Easy. Up to 4 hours. 12km maximum. Minimal climbing. All on track or in open country.
- EM** Easy Medium. Up to 5 hours. 15km maximum. A little climbing. May incl. some minor obstacles.
- M** Medium. Up to 6 hours. 20km max. Moderate climbing. Mostly on track. May incl. some light off track.
- MH** Medium Hard. Up to 7 hours. 20km max. Significant climbing. Can incl. medium off track forest or scrub.
- H** Hard. Up to 8 hours. No distance limit. Hard climbing. Can incl. significant off track.
- VH** Very Hard. Up to 12 hours. No distance limit. Hard consistent walking in difficult terrain.

Walk/Activity Type

- | | | |
|---------------------|---|--------------------|
| D Day walk | PC Pack Carry walks (<i>Minimum grading for a PC is M</i>) | |
| BC Base Camp | Con Conservation activity | Cyc Cycling |
| Can Canoeing | Soc Social | Oth Other |

Walks Meeting point and time (unless otherwise indicated or advised)

Weekends & public holidays: Kew Library car park at **7:45am** for 8:00am (sharp) departure

Midweek: The Oval, Victoria Park, E. Kew (enter via High St) (Melway 45G5) at **8:45am**

To join a walk

- **Book** (up to 8 weeks in advance) by adding your name and details on the appropriate walk sheet at Club meetings, or after the last preceding meeting by contacting the Walk Leader.
- **If you later wish to cancel, please advise the Leader promptly.**
- Be familiar with our Club's **Incident Management Procedure** – refer to the Members Handbook for full details. The box below explains **your responsibility** as a walker.
- Be adequately fit and suitably clothed and equipped for your walks. If you are not, the Walk Leader has **the right to refuse** your participation in the walk.
- Any **medical condition** that could affect you during the walk **must be advised** to the Walk Leader (in confidence) **before leaving Melbourne.**
- Keep to the spirit of our Club's Code of Ethics (refer to Section 15 of the Member's Handbook).
- **Visitors** must pay the Walk Leader \$5 per day of walking, to a limit of \$15 for three or more days.

Club Meetings

Third Wednesday of the month, from 7:30pm for **8:00pm**

Phyllis Hore Room, next to Kew Library, off Cotham Rd, Kew

THE WALKERS ROLE IN OUR CLUB'S "INCIDENT MANAGEMENT SYSTEM"

Each walker must be sure to put the phone number of their own Emergency Contact (EC) on the walk sheet, or give it to the Walk Leader if booking by phone or email (and especially for walks requiring satellite communications).

Before leaving for a walk, each walker must ensure that their EC is aware of:

- the expected time of return and the time the walk will be considered overdue; and
- the names and telephone numbers of our Club's Incident Management Coordinators, who are:

Bernie Keating **0428 844 786** **9882 4786**

Graeme Nyberg **0451 011 427**

For walks requiring satellite communications, one of these IMCs will normally be prearranged as first contact, and the walker should so inform their EC.

For any walk, if the first IMC is not available, the other IMCs, then the Walks Coordinators, and then the President can be phoned in turn. The contact details of the latter are given on page 2 of the *Vagabond*.

If a walker is injured the Walk Leader or the IMC will attempt to contact the EC.

If overdue, the walker should contact their EC. If not possible, and their EC wishes to contact someone, it is important that they only contact one of the Club's IMCs.

Emergency Contacts should NOT contact the police!

This will only lead to confusion as the Police will have no idea where to look.