

U3A WALKS POLICY

A grading of difficulty on length, time, track conditions and amount of uphill is given for each walk.

Grade 1	Easy, some undulating sections.
Grade 2	Medium, may contain uphill and/or downhill sections for short periods
Grade 3	More difficult, may contain some steep uphill and/or downhill sections.
Grade 4	May contain some significant sections with steep uphill and/or downhill gradients.

It is important that walkers who may not be sure of their ability to complete a particular walk seek the advice of the convenor or leader before attempting the walk.

When car pooling is involved, drivers who take passengers will receive a \$5 donation from each passenger.

Unless otherwise stated, all walks will be day walks; bring lunch and plenty of water/drink.

All walkers should comply with the Safety and Responsibility Guidelines which follow.

RESPONSIBILITIES PRIOR TO A WALK

Ensure that you are a current member of U3A.

Ensure you have appropriate clothing, footwear and personal items you need for the walk, such as a jacket, sturdy footwear, hat, sunscreen etc. It is always a good idea to take something to sit on during breaks such as a piece of foam. If you need advice contact the leader or Convener.

If you have a medical condition or physical disability which could be a problem during the walk, advise the Coordinator two days before the walk. Ensure you take with you any medication you may need, and the contact number of your doctor.

If you have any symptoms associated with COVID-19 then please do not come to the meeting point or participate in the walk.

All walkers must complete a “**Participants Emergency Contact & Medical Information**” form and have it their pack whenever they are participating in a walk.

IT IS THE RESPONSIBILITY OF LEADER TO ENSURE THAT ALL DRIVERS KNOW WHERE TO GO AND THAT MOBILE PHONE NUMBERS ARE EXCHANGED WITH THEM BEFORE THEY LEAVE THE MEETING POINT.

RESPONSIBILITIES DURING A WALK

Sign the U3A register at the starting point.

**A long established safety rule in bushwalking is that a group should stay together.
Do not race ahead or otherwise leave the group.**

If the walking pace is too fast for you, inform the leader immediately.

In cases of illness or injury, inform the Leader immediately. The Leader will have the Group First Aid Kit.

RESPONSIBILITY AT THE END OF THE WALK

Before leaving the point of conclusion of the walk, ensure the Leader notes your departure.

IMPORTANT

Advice from the U3A Network Victoria emphasises that the responsibility for undertaking any U3A activity rests with the individual member.

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