

SAFETY GUIDELINES:

Walkers are responsible for their own safety and should always keep this in mind.

Enjoy the company of friends and the challenge of achieving your goals, but being aware of your personal safety must be always at the top of your mind.

- Do not wear dark clothing. Our reflective Peaky T shirts help us to stand out to traffic, especially when walking in the evening. If your Club shirt is in the wash DON'T wear a dark clothing – only LIGHT COLOURS so you can be seen.
- Please wear proper walking shoes such as joggers or cross trainers.
- So you can be seen – and we all love to be noticed – please wear your FLASHING LIGHT and carry a bright TORCH.
- Do not wear headphones, airpods or anything else that impedes your senses. You must always be aware.
- Walk on the path where there is one. If the path at the side of the road narrows, only cross onto the road when it is safe to do so. Cars travel at high speed and drivers only have a split second to react if you are on the road. If the road is the only place to walk then ensure it on the RIGHT HAND side so approaching cars can see you coming and you can see them. Your torch will alert cars that you are ahead.
- If you feel fatigued or unwell - do not continue. Tell a committee member via text or let another member know before you head back. Go home and rest so you can walk another day!
- Drink plenty of water.
- As much as we all love our little darlings – NO CHILDREN & NO PRAMS – they need our attention 24/7 and this is **your** time!
- Don't walk if the rain has set in for most of the day as the paths and roads are slippery and dangerous.
- Skin is waterproof so NO UMBRELLAS – stops you from using your "power arms & restricts vision ahead and they are good "eye pokers"
- We know they are man's best friend – NO DOGS –they can run faster than us!
- If you are asthmatic, please ensure that you have your medication with you at all times.
- If no Committee member is present then the walk is cancelled.
- If there are less than 5 walkers including the committee member, then the walk is cancelled. Safety is optimised by walking in a group.

Please download the Emergency App to your phone.

The **Emergency+** app is a **free** app developed by Australia's emergency services and their Government and industry partners. The app uses **GPS functionality** built into smart phones to help a Triple Zero (000) caller provide critical location details required to **mobilise emergency services**.

<https://emergencyapp.triplezero.gov.au/>