

Advice to walkers on Friends of the Box-Ironbark walks

April 2022

Communication	Fobif members are sent a printed copy of the year's walks program in January. This program will also be posted on the FOBIF website. Any changes will be communicated via our website. It's essential to check the website before each walk: conditions can change at short notice.
Walks	Walks are held on the 3 rd Sunday of each month from March till October. Walks continue through school holidays and public holidays. They are open to FOBIF members and members of the public. Walks are cancelled on Total Fire Ban days in the area and may be cancelled if extreme weather conditions are forecast or there is a fire in the area.
Grading	Each walk in the program is briefly described including distance (km), some detail about the terrain and a contact number for more information. The walks are generally between 5 and 10 km with an occasional long which could be around 16 km in length.
Meeting time	9.30 am normally but check the FOBIF website.
Meeting point	Castlemaine Community House, 30 Lyttleton Street, Castlemaine normally but check the FOBIF website.
Duration	Prepare to be away from Castlemaine until 2.30 pm unless the walk notes advise differently. There will normally be morning tea and lunch stops.
What to bring	Wear appropriate clothing and shoes/boots. Bring a mobile phone, water, lunch, personal First Aid requirements (painkillers, asthma puffer, EpiPen, emergency medication, etc), sunscreen, weatherproof gear if rain is forecast etc. Personal safety is the responsibility of the walker. A First Aid Kit is carried on each walk.
Registration	Prior registration is normally not necessary. This may change for some walks so check the FOBif website before the walk. Walkers must sign an attendance book at the meeting point.

Car pooling	Most walks require carpooling and we appreciate your preparedness to do this.
DOGS/children	Dogs are not permitted. Children can come on the walks but need to be supervised at all times by a responsible adult.
Walks leaders	Walk leaders volunteer to identify, reconnoitre and lead walks. Each walk will also have at least one designated FOBIF person to carry the first aid kit, organise registration list and support the walks leader.
Walking speed and safety	Walking speed will vary depending on the walk. Walkers are expected to keep together as a group and adhere to the Walk Protocols*.
Emergency	All walkers must carry an Emergency Contact Phone Number. In the event of an emergency 000 will be called.
COVID	FOBIF follows restriction as published on the DHHS website.

*WALK PROTOCOLS

- Every walker must maintain sight contact with the next walker behind them when going cross country and at track junctions.
- Always tell someone if leaving the track for a toilet break. Preferably leave pack on the track as a marker.
- If making slow progress due to fatigue or a medical condition eg angina or asthma, get a walker to walk with you at your pace and consider asking another group member to go forward to let the leader know .
- If separated from the group and lost – wait on the track or in a clearing for someone to find you.
- If separated from the group but not lost continue on the known walk route.
- It is a good idea to carry a mobile phone and have the walk leader's or other walker's number.