

Walker checklist



Getting started as a participant

Before starting any form of exercise you should consult your doctor, particularly if you:

- Smoke
- Experience chest problems eg. asthma or bronchitis
- Are overweight
- Have back trouble or a slipped disc
- Have not been exercising during the last six months
- Have high blood pressure
- Have heart disease or a history of chest pain
- Have diabetes
- Have recently recovered from an illness or operation
- Are worried that exercise may affect any other aspect of your health.

On the day of the walk

- If you are not well, do not go on the walk. Wait until you have recovered.
- If you had intended to go on the walk but can't, let the Walk Leader know.
- Wear appropriate clothing, footwear, hat, sunglasses and sunscreen.
- Bring your own water to drink.
- Do not bring valuables to the walk.
- Bring only as much money as you will need.
- If a special walk has been arranged, bring food or refreshments.
- Arrive in plenty of time to allow for warm up and stretching.

At the start of the walk

- Sign the attendance sheet.
- If you are a new walker, complete the registration form.
- Warm up your muscles and do stretching exercises.
- Carry your own water bottle.
- Listen to the instructions of the Walk Leader about the route and emergency procedures.

On the walk

- Walk at the pace that suits you.
- Drink plenty of water during the walk, particularly in hot weather.
- Stay with the group. Don't go off alone or stray from the route.
- If feeling unwell during the walk, slow down and inform the Walk Leader.
- Talk to other walkers.
- Enjoy yourself.

For more information

call 13 13 02 or visit www.dsr.nsw.gov.au



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At the end of the walk

- Cool down and stretch.
- Inform the leader of any injuries sustained during the walk and, if needed, help them to complete the report.
- Provide feedback to the Walk Leader.
- Do not leave until a head count has been done.
- Find out the details of the next walk so you can be active again.

What to wear

Shoes

The most important piece of walking equipment is a pair of sturdy, comfortable, lightweight walking shoes. If your feet feel good you will walk well and continue walking. When choosing the right walking shoes, check for:

- Shoes with a tough outer layer of rubber and a soft mid-sole that runs the full length of the sole
- Uppers of high quality, breathable material, such as leather and/or nylon mesh
- Fastenings: Lace up shoes are preferable. Shoes need to be fastened by elastic, Velcro or laces
- Collar: Comfortable padded heel collar
- Heel: A firm heel that is slightly raised and holds your foot well for stability
- Substantial arch supports
- Entire shoe should be designed to absorb shock
- Toe box: Your toes should be able to spread freely and not feel squashed or tight
- Sole: Designed specifically to enhance smooth heel to toe motion.

Clothing

- It is important to wear light, loose layers of comfortable clothing, covering as much skin as possible, especially in the summer months.
- Comfortable, well-fitting socks (usually cotton blend is best) will help walkers avoid sore or blistered feet.
- Walkers should also wear a hat, sunglasses and sunscreen when walking in the outdoors.

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