

An introductory overview for a new walk leader

This is hopefully a confidence-building guide for your first walk as leader.

Planning a Walk

1. The First Walk: Try this in an area you are familiar with and do a "Reccie", possibly with an experienced leader.
2. Getting there: During your planning, select a meeting point in Dalmeny or Narooma, and possibly one closer to the start.
3. Walk Grades: Become confident with DNB grades (easy, medium, hard) and the standards/capabilities of DNB members (this, of course, will take a while).
4. Maps: Become confident with the strengths and weaknesses of GPS and Topo maps.
5. "Emergency+" App and "First Aid" (St Johns Ambulance Australia) App: if you have a mobile phone, please download these apps.

Leading the Walk

1. Before Starting:
 - Complete the "Walk Attendance" Form with the group. Carry this with you.
 - Place a printed copy of the "Incident Report" Form in your car.
 - Comment on the advertised "harder" parts of the Walk.
 - Reminder that each walker should carry a First Aid Kit.
 - Appoint a "Tail End Charlie".
 - Encourage walkers to talk to you (or to another walker) if some discomfort develops.
 - Do the "Ring Around" to check numbers tally with the "Walk Attendance" Form. Very important for insurance that all walkers are signed on.
2. The Walk:
 - Set a steady pace and quietly observe your walkers' comfort.
 - Pause for drinks and information exchange. Plan for short and longer breaks eg. morning tea/lunch.
 - Be prepared to liaise with the "Tail Ender" who is often best placed to observe how individuals are coping with the pace or terrain.
3. Conclusion of the Walk:
 - Check all walkers have finished.
 - Pass the "Walk Attendance" Form to the secretary or another committee member.
 - Be the last to drive off, ensuring all vehicles are moving.

Remember: Current leaders on your walk will be a valuable source of experience and support for you, if you wish.

All DNB members really appreciate their leaders offering a variety of walking experiences.

Note: This overview doesn't cover everything. Now that you have the basics, carefully read the club's "Walk Leader Training Manual" on our website. The manual is only a few pages but explains important details about the ideas raised in this introduction.