



QLD WALKER INFORMATION

Welcome to *Walk My Way* Queensland!

We're so excited you're joining us to help refugee children go to school!

When: Sunday 4 August 2019

Start: Good Shepherd Lutheran College, 115 Eumundi Rd, Noosaville

6.30am registration and breakfast

7.30am official start

Finish: Luther Heights Youth Camp, David Low Way, Coolum Beach

If you have a mobile phone, please take it with you in case of emergency.

Walking options and transportation

The Walk is 25km from Noosaville to Coolum Beach. If you don't want to walk the full 25km, there are **alternative starting points**. You can choose these when you register:

Tingira Park (Sunrise Beach) to Coolum Beach 16km

Peregrin Beach Park to Coolum Beach 8km

Buses will depart from Luther Heights Youth Camp to each starting point, so that when you finish the walk, you don't need to hitchhike back up to your car!

Departure times for buses to each of the starting locations are:

6.10am bus departs Luther Heights Youth Camp for Good Shepherd (arrives 6.30am)

9.30am bus departs Luther Heights Youth Camp for Tingira Park (arrives 10am)

11.00am bus departs Luther Heights Youth Camp for Peregrin Beach

(arrives 11.15am)

Alternatively, if your car is at Good Shepherd in Noosaville, there will also be a **bus making the return journey** at the end of the day (every half hour from 1.30 to 4pm).

Walk information (a map will be provided at registration on the morning)

The trail crosses through a variety of terrain including public roads, board walks, and the beach. You'll need to **look out for *Walk My Way* signage.**

- Large sandwich boards with directional arrows
- Orange tape or orange ribbons attached to trees to show that you are on the right trail
- Orange arrows sprayed on the ground to point you in the right direction!

Some sections are on **public roadsides**, so please take care and obey the Australian Road Rules.

There will also be **marshals** at some corners to warn you of on-coming traffic and to point you in the right direction.

Please stay on the marked trail to **avoid causing environmental damage.**

Be aware, prepared and responsible!

- Carry drinking water. Water will also be available Tingira Park, Peregian Beach and Coolum Beach Park.
- Make sure you bring snacks to eat along the trail to maintain your energy level!
- There will be a FREE sausage sizzle at Peregian Beach.
- As weather conditions can change quickly, ensure you carry appropriate warm and wet weather clothing.
- Wear sturdy shoes, hat and sunscreen.
- Be aware that the trail is uneven in some places and can be slippery if it has been raining. There may also be hazards such as fallen tree branches.
- Other people will be using the trail; please be mindful of them.
- Leave no litter. Please take your rubbish with you and dispose of it properly.
- Respect the environment. Please don't take short cuts or form new trails.

Toilets

There are toilets along the Walk. Locations will be updated in this document before the Walk.

Medical or First Aid Emergencies

If you have a mobile phone, please take it with you in case of an emergency.

There will be first aiders travelling with the group, plus there are **first aid stations** at Tingira Park, Peregian Beach and Coolum Beach.

In the event of a medical or first aid emergency, please contact:

Safety Supervisor: Jess at Luther Heights Youth Camp (07) 5446 1135

Jess will contact the qualified First Aid personnel or Emergency Services.

Please follow these guidelines if there is injury to a walker:

Minor injury (walker is mobile) – walk to nearest road and call the Safety Supervisor for assistance. Someone must accompany the injured walker.

Moderate injury (walker is immobile) – call the Safety Supervisor who will decide whether to call the First Aid Officer or Emergency Services. Emergency personnel will transport the walker to the nearest road where the walker will be met an ambulance or collected by a friend/family member. Someone must stay with the walker at all times.

Serious Injury – make the walker safe and call the ambulance (000) immediately. Reassure the walker, keep them warm, do not them give food or drink. Someone must stay with the walker at all times. Another person is to go to nearest road to direct Emergency Services to the walker. Emergency Services will decide on appropriate method of treatment and evacuation. **Call the Safety Supervisor after the ambulance has been contacted.**

Safety Considerations

When you reach Peregian Beach, please check your name with the First Aid officer while you eat your sausage!

If you decide to drop out of the walk at any point, please let the volunteers at the drink stations know **and** contact **Kirra Lewis 0425 854 476**.

Event Cancellation

- The Walk will be cancelled if high temperature is forecast (35 Celsius or above) or if other extreme weather conditions are forecast (lightning, gale force winds).
- If the Walk is cancelled, you'll be informed at the start locations, via email and text.

Code of Conduct:

By being involved in *Walk My Way*, it is expected that walkers and volunteers will:

- be cooperative participants throughout the event, adhering to the instruction of event organisers and marshals
- treat people with courtesy, respect and proper regard including those involved in *Walk My Way* and the wider community
- ensure a safe environment
- ensure protection of others from harassment and intimidation
- behave in a manner that is fair and non-discriminatory towards others
- walk the trail in a safe manner ensuring safety of others, the environment and self
- refrain from using the trail if the event has been cancelled.

The following behaviour will not be tolerated:

- violent and abusive behaviour
- harassment and intimidation
- public disturbance
- theft
- arson
- vandalism (cultural and environmental)
- excessive consumption of alcohol and acting in a way that becomes a public nuisance or creates a public disturbance.

In the first instance, if the individual(s) does not adhere to this Code of Conduct, they will be asked to leave the event. If poor behaviour continues, police will be notified.

Thank you for respecting others and the environment on the trail.

Enjoy your Walk!