



QLD WALKER INFORMATION (updated July 2019)

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 (GSLC), 115 Eumundi Rd, Noosaville

6.30am registration and breakfast

7.30am Opening

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:

Noosa Tennis Club (Girraween Ct) – 18km to Luther Heights (7km walk from GSLC)

Peregian Beach Park – 8km to Luther Heights (17km walk from GSLC)

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

Alternatively, if your car is at GSLC, there will be **buses making the return journey** at the end of the day (every half hour from 1.00 to 3.30pm).

You can also start or finish at either of the other two locations and there will be a bus to take you back to your car at either location.

Departure times for buses:

Here are the scheduled times for the buses. Take note of the time the bus will leave to go to the start of your Walk. Make sure you're there in plenty of time.

Bus departs:

6.10am	Luther Heights for Good Shepherd Lutheran College (arrives 6.30am)
9.10am	Luther Heights for Noosa Tennis Club (arrives 9.30am)
9.20am	GSLC for Noosa Tennis Club (arrives 9.30am)
10.15am	Noosa Tennis Club for Luther Heights (arrives 10.35am)
10.15am	Noosa Tennis Club for GSLC (arrives 10.25am)
11.00am	Luther Heights for Peregian Beach Park (arrives 11.15am)
11.00am	GSLC for Peregian Beach Park (arrives 11.20am)
12.00pm	Peregian Beach Park for GSLC (arrives 12.20pm)
12.30pm	GLCS for Peregian Beach Park (arrives 12.40pm)
12.30pm	Peregian Beach Park for Luther Heights (arrives 12.45pm)
1.00pm	Peregian Beach Park for Luther Heights (arrives 1.15pm)
1.00pm	Luther Heights for GSLC (via Peregian Beach Park, arrives 1.10pm)
1.15pm	Peregian Beach Park for GSLC (arrives 1.35pm)
1.30pm	Luther Heights for GSLC
2.00pm	Luther Heights for GSLC
2.30pm	Luther Heights for GSLC
3.00pm	Luther Heights for GSLC
3.30pm	Luther Heights for GSLC

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.**

- Laminated signs with directional arrows
- Orange tape or orange ribbons attached to trees to show that you are on the right trail

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

There will also be **marshals** at some intersections/corners to assist you across the road and to point you in the right direction.

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

Toilets

Public toilets are located at:

- Noosa Tennis Club (7kms)
- Castaways Beach (11kms)
- Peregian Beach (17kms)
- Coolum Beach (22kms)
- Luther Heights (25kms)

Be aware, prepared and responsible!

- Carry drinking water. Water will also be available Noosa Tennis Club, Peregian Beach and Coolum Beach Park. A tap available at Tasman Trespasser Park south of Marcus Beach.
- 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.
- Wear sturdy shoes, hat and sunscreen.
- Be aware that you will be walking along the beach for 4.5km from Peregian to Coolum
- Other people will be using the trail (including bikes); 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.

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 **first aid stations** at Noosa Tennis Club, Peregian Beach and Coolum Beach.

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

Safety Supervisor: Dave at Luther Heights Youth Camp 0418 176 210

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

Minor injury (walker is mobile) – call the Safety Supervisor for assistance. Someone must stay with 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 injured walker.

Serious Injury – make the walker safe and call the ambulance (000) immediately. Reassure the walker, do not them give food or drink. Someone must stay with the injured walker. 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 Peregrin Beach, please check your name with the a marshal or ALWS staff member 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!