



MELBOURNE WALKER INFORMATION

Welcome to *Walk My Way* Melbourne!

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

When: Saturday 18th April 2020

Start: Luther College / Good Shepherd Lutheran Primary School
1-39 Plymouth Rd Croydon

7:00am registration and breakfast

7:45am Opening

Finish: Doncaster Lutheran Church (or Mullum Mullum Reserve, see below)
53 Victoria St Doncaster

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

Walking options and transportation

The Walk is 26km from Croydon to Doncaster.

If you don't want to walk the full 26km, you can finish at the 15.5km mark at Mullum Mullum Reserve (near the Doncaster Hockey Club). Choose this option when you register.

You can either leave your car at Doncaster Lutheran Church or Luther College/GSLPS.

Buses will depart from **Doncaster Lutheran Church** at:

- 6:30am to get you to Luther College/GSLPS in time for registration, breakfast and the Opening.
- 1:30pm to 5:00pm (every half hour) to return you to your car at Luther College / GSLPS

Buses will also depart from **Mullum Mullum Reserve** at:

- 12:00pm to 2:00pm (every half hour) to return you to your car at either Doncaster Lutheran church or Luther College/GSLPS

Trail information (a map is available on the Walk My Way website)

The trail crosses through a variety of terrain including public roads, footpaths and walking trails. 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.

The Eastlink Trail and Mullum Mullum Trail is a **shared path with cyclists**. There will be signage on the trail in the days leading up to the event, informing the public that a walking event will be taking place. Still use caution (particularly on 'blind corners') and respect other users of the trail.

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**.

Drink stops and public toilets

Are located at:

- Schwerkolts Cottage (7.5kms)
- Mullum Mullum Reserve (15kms)
- Pettys Reserve (21kms)
- Doncaster Lutheran Church (26kms)

For safety reasons, when you arrive at each drink stop, please see a marshal to tick your name on the list.

Be aware, prepared and responsible!

- Carry your own drinking bottle. You can top up your water bottle at each drink stop.
- Make sure you bring snacks to eat along the trail to maintain your energy level!
- There will be a FREE sausage sizzle at Mullum Mullum Reserve.
- Wear sturdy shoes, hat and sunscreen.
- 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.

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**. This is vital for our risk and emergency procedures.

There will be **first aid stations** at Schwerkolts Cottage, Mullum Mullum Reserve, Pettys Reserve and Doncaster Lutheran Church.

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

Safety Supervisor: Jonathan 0400 551 657

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.**

Event Cancellation

The Walk will be cancelled by 4pm on Friday 17th April if:

- a high temperature is forecast (35 Celsius or above)
- other extreme weather conditions are forecast (lightning, gale force winds).

If the Walk is cancelled, you'll be informed at the start location, via email, text and on the Walk My Way website and Facebook page.

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!