

**GUIDELINES FOR WALKERS/CYCLISTS PARTICIPATING IN
WALK FOR THE PLANET**

ESSENTIAL SAFETY INFORMATION

- All participants walk/cycle at their own risk
- Remember that the roads are open to all traffic at all times
- All participants must obey all traffic rules
- Keep as far as practicable to the left side of the road
- Follow the instructions and directions of the marshals
- Be courteous to all other road users
- Walk/cycle in single file across all bridges where walking is allowed
- There will be hazards on the road so stay alert at all times
- Where footpaths are provided these MUST be used by walkers.
- I understand that I am not to wear earphones while walking.

HAZARDS AND CONTROLLED AREAS

- All bridges. Walkers must not walk across longer bridges and must wait for a gap in the traffic to cross one way bridges.
- Be especially cautious where there are passing lanes and in any area where the marked shoulder area is narrow.

Waiver

You must read this carefully

I accept that walking/cycling involves risk and acknowledge I participate at my own risk.

I have sufficient competence and experience to participate safely.

I accept that the walk is on public roads and that I will share the road with other users.

I agree to follow the set course and abide by legal road rules, and the directions of organisers and police at all times.

I hereby consent to receive medical treatment in the event of injury, accident and/or illness during the walk.

I will not hold organisers, or any person involved with the event liable for any loss or injury to person or equipment.

I agree to take responsibility for my own actions and will not take any legal proceedings (whether by myself, or by my executors, administrators, heirs, next of kin and/or successors) for any matter against the following person or entities: Methodist Church of New Zealand, Christian World Service, event sponsors, event organizers, or volunteers.

Name: _____

Signature: _____

Before the walk:

Hopefully you have been training to lead up to this day!

A few days before:

Check out your clothing you will need, socks, footwear, backpack and contents. Don't overdress for the walk, even if the weather has become a little cool, as when you begin you will warm up and regret heavy clothing.

The day before:

Make this a rest day before your day of walking.

Don't over eat

Packing your back pack:

- A little Vaseline to prevent chaffing
- A few band aids in case of blisters
- Change of socks
- Water
- Band aids
- Toilet paper (just in case!)
- Plastic bag
- Energy bars
- Mobile phone
- Lightweight water proof parker
- Lightweight woollen jersey
- sunblock

On the day:

- Have a light carbohydrate rich meal eg toast and honey, energy bar or piece of fruit about 2 hours before you walk.
- Dress: don't overdress for the day as you will warm up whilst walking; wear: sunhat, sunblock, **w4tp T-shirt if possible, or bright yellow/orange shirt.**
- Drink plenty of fluids before you start and about 100mls every 15-20 minutes during the walk to stay hydrated.
- Use the toilet just before beginning the walk!
- **Walkers: keep to the LEFT, on footpaths in towns or the grass verge on SH1 if available.**
- If you are doing a whole day don't start out walking too fast – walking fast at the start depletes your carbohydrate level and may make you 'hit the wall' later on in the day.
- After you finish the walk if possible keep walking a little, very slowly to cool down; consider taking a couple of aspirin if you're sore – will help the pain and prevent swelling in your muscles.

Tips on blisters: Not inevitable!

Walking a lot helps harden the bottom of the feet – train before the day. Train for an hour or two regularly. If doing multi days – build up your training to full day walks beforehand.

Blisters are caused by friction – make sure you take out any little stones or gravel from your shoes immediately.

Footwear: wear what you feel comfortable in and what fits best – doesn't matter what you look like! Either too big or too small can be a problem.

Socks: the greatest single source of blisters. Many are wool-based – wool is nice and soft when new but soon mats from dirt and sweat etc. this makes for unevenness and friction on the feet, therefore blisters. Some people wear a thin pair of socks (eg polypropylene) under wool ones; good idea especially if walking more than one day – you can wash out the thin socks easily overnight, whereas the wool ones take too long to dry. Note wool may be too hot on a hot day and encourage sweating and therefore blisters.

If you need to walk through water, take off your shoes and socks and put your shoes only back on, so keeping socks dry – dry feet thoroughly before putting socks back on.

Multi-day walkers: Wash your feet at night rather than in the morning – washing softens the skin and if you walk soon after this may lead to blisters. If blisters become too painful, take a day or two off from walking.