

walk route planning checklist

NAME OF WALK:

DAY:

START & FINISH POINT:

START TIME:

WALK DURATION:

APPROXIMATE LENGTH OF WALK:

DATE COMMENCING:

DATE FINISHING:

Check when completed

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| <ul style="list-style-type: none"><input type="checkbox"/> Adequate parking<input type="checkbox"/> Access to public transit<input type="checkbox"/> Local government contacted regarding any path maintenance planned<input type="checkbox"/> Availability of public toilets and water fountains<input type="checkbox"/> Shade and seating<input type="checkbox"/> Points of interest on route (e.g. history brochure or a recently renovated house)<input type="checkbox"/> Check walk route for dangers e.g. uneven paths, tree roots, overhanging bushes/trees, busy roads, slippery surfaces, obstacles<input type="checkbox"/> Pre-walk route, time the walk and pace<input type="checkbox"/> Grade route (consider hills, distance and speed to walk in less than 1 hour)<input type="checkbox"/> Are there public telephones on route or do you have a mobile phone in case of an emergency? | <ul style="list-style-type: none"><input type="checkbox"/> Can the route accommodate shorter alternatives for the less fit? Can they turn around at a shorter point? Are there any short cuts? Are there rest spots for the less fit? Include these on your route map.<input type="checkbox"/> Draw route map: identify any key landmarks, toilets, rest spots, water fountains, etc. Include meeting point, day, start and finish times.<input type="checkbox"/> Photocopy route map for participants, walk group contact list and stretch sheet<input type="checkbox"/> Inform current participants of upcoming route changes, date and meeting point |
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