



## Here are a few ideas to help you prepare for your walk!

### 1. Planning & Coordination

- Create your registration list, walk schedule, and route details.
- Review themed walks and prepare a plan for each session.
- Assign roles and responsibilities to volunteers and introduce them to participants.
- Familiarize yourself with all routes and backup options, be sure to conduct prewalks of all routes.
- Ensure start and end points are accessible and convenient.

### 2. Participant Safety & Documentation

Discuss with your team which documentation is needed to facilitate

- Ensure all registration information is complete, including emergency contact details.
- Collect signed consent and waiver forms from all participants.
- Identify participants with medical or first aid training who can assist in an emergency.
- Carry a fully stocked emergency kit.

### 3. Route & Environmental Readiness

- Assess weather and trail conditions in advance.
- Adjust route or location as needed; cancel only as a last resort.
- If canceling, still go to the meeting point to ensure participants are informed.

### 4. Participant Support & Inclusion

- Discreetly identify participants who may need additional support or are not fully prepared.
- Plan for adaptations (e.g., shorter routes, varied start times, modified groups).
- Offer multiple pace groups (e.g., slower and faster walkers).
- Ensure routes accommodate a range of abilities and comfort levels.

### 5. While hiking/walking:

- Confirm or adjust walk details the morning of the event.
- Arrive at least 10–15 minutes early.
- Remind participants to bring water, snacks, and avoid leaving valuables in vehicles.

### 6. During & Post-Walk Responsibilities

- Monitor group safety and pace throughout the walk.
- Ensure volunteers are actively supporting participants.
- Conduct a final head count to ensure all participants are accounted for before leaving.