

Safety Tips

Trail users' tips and codes of conduct

Trip Preparation - be prepared and your trail experience will be a good one

- Research the trail using this guide and other more detailed resources.
- Consider the fitness level and experience of all of your group's members before choosing a trail.
- Groups of at least three or four people are recommended especially for longer routes. It's also a good idea to nominate a leader just in case a difficult situation arises.
- Check weather reports before you set off.
- Recommended things to take include: water, food, sun screen, mobile phone (however coverage can be limited), medication, maps, waterproof jackets and a first aid kit.
- Register your trip plans with the appropriate land manager and/or a reliable friend.

Trail Code - enjoy and respect the environment you are visiting

- Observe fire restrictions. In most areas fires are prohibited from November 1 to April 30..
- Conserve native habitat by using liquid fuel or gas stoves for cooking.
- Trails are closed on days when Total Fire Bans are declared via newspapers and radio.
- Leave your pets at home and take your rubbish with you.
- Camp only in designated areas. Permits and fees may be required.
- Permits are required to ride horses in Forest Reserves. Contact ForestrySA.
- Respect geological or heritage sites.
- Do not feed or disturb animals or remove native plants.
- Keep to defined trails or vehicle tracks and be considerate of other users.
- Respect private or leased land traversed by trails. Don't damage fences - use any stiles provided. Leave gates as you find them.
- Steer clear of farming infrastructure such as pumps, dams, sheds, electric fences and machinery. Avoid live stock and don't interfere with them.
- Take care not to spread pest plants or diseases. Remember to check your clothes for weed seeds, clean your boots, bicycle and other equipment to reduce transfer between areas. Visit www.walkingsa.org.au for further information.

Emergency Information

- If you get lost, try to retrace your route until you find a marker or recognise a feature. If you can hear sounds of human activity, shout to attract attention. Try to make phone contact with the local land manager.
- If you have to wait to be rescued, look for shelter and water on the track. In hot weather, stay in the shade, drink and reduce loss of body fluids by moving as little as possible. In cold weather, keep out of the wind and try to remain dry. If necessary - huddle together with others.
- In the event of an accident or if someone becomes too ill to continue, provide appropriate first aid and shelter.
- Decide whether the person can be helped by the group, or if extra help is needed.
- Make contact with Emergency Services, phone 000. If contact cannot and if a rescue is needed, a competent person with first aid skills should stay with the injured or ill person to reassure and care for them until help can arrive.