

10. Sports Medicine Australia recommend that a period of acclimatisation should be undertaken before exercising in hot and humid conditions, especially if travelling from cold/temperate climates.<sup>3</sup>
11. Those considering walking the Kokoda Track should obtain the advice of their medical practitioner and engage the advice of sports scientists, or other suitably qualified professionals, to develop an appropriate exercise plan with an acclimatisation component included immediately prior to departure.

**RECOMMENDATIONS:**

Pursuant to Section 72(2) of the **Coroners Act 2008**, I make the following recommendation(s) connected with the death:

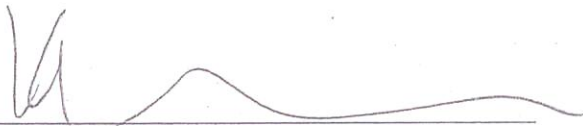
1. That the Department of Sustainability, Environment, Water, Population and Communities (Australia) in co-operation with the Papua New Guinea Department of Environment and Conservation collaborate on the development of physical preparation guidelines for prospective Kokoda Track trekkers, including advice relating to the importance of acclimatisation, the nature and risk of hyponatraemia in addition to that of dehydration.
2. That those guidelines be provided to all prospective Kokoda Track trekkers through licensed tour operators, and be published on the Department of Foreign Affairs and Trade Travellers advice website.

Pursuant to rule 64(3) of the Coroners Court Rules 2009, I further direct that a copy of this finding be published on the Coroners Court of Victoria Website.

I direct that a copy of this finding be provided to the following:

The Family; the City Coroner Waigani, PNG; the interested parties and to the Secretary, Department of Sustainability, Environment, Water, Population and Communities (Australia); The Secretary, Papua New Guinea Department of Environment and Conservation; The Chief Executive Officer, Kokoda Track Authority; The Coroners Office Papua New Guinea; Dr Jane Canestra, Department of Health Victoria; Dr Shaun Rothwell, Emergency Physician, Royal Brisbane and Royal Women's Hospital Brisbane; and to Mr D Simpson, Consular Operations Branch- Department of Foreign Affairs and Trade.

Signature:



K. M. W. PARKINSON  
CORONER  
6 February 2012

<sup>3</sup> <http://sma.org.au/wp-content/uploads/2009/05/hot-weather-guidelines-web-download-doc-2007.pdf>