



# THE BUSH CLUB INC.

## NOTES for WALK PARTICIPANTS

Every person participating in any activity organised by or with the involvement of The Bush Club Inc. does so at his or her risk and by participating, acknowledges that neither The Bush Club Inc. nor its office-bearers or its activity leaders have accepted any responsibility or liability for any damage to property or for any death or injury suffered and that he or she will take all responsibility for any person under 18 years of age invited by him or her to participate in any activity organised by or with the involvement of The Bush Club Inc.

### GENERAL:

Walkers should carry lunch, a small first aid kit, matches and torch, and come suitably equipped with strong walking shoes, a rucksack, hat, rain gear, and water. Members are also encouraged to carry map and compass and become proficient in their use.

With experience gained in club walks it is expected that members will become **walks leaders** and/or office-bearers.

### PUBLIC TRANSPORT:

Phone **131 500** to check train, bus and ferry times. **Timetables are sometimes altered at short notice**. If the train is not running to timetable or if there is any doubt, contact leader. Traditionally, Bush Club members travel in the second last railway carriage upper level, unless otherwise advised.

### ENQUIRIES:

Enquiries about a walk should be directed to the leader. In times of bush fires check news services and/or NPWS re closures of parks or access roads. Phone leader if unsure.

### GUIDE TO GRADING OF WALKS

Please read our Grading Guidelines. [Click here](http://www.bushclub.org.au/down/GradingGuide.pdf) if online or go to <http://www.bushclub.org.au/down/GradingGuide.pdf>

### CONDITIONS FOR WALK TO GO AHEAD:

**All day walks must be held unless conditions are unsafe.**

A minimum of four (4) Bush Club members or prospective members, including the leader, is required for a Club walk. If there are fewer than four, including the leader, a walk, if continued, is not an official Club activity and the Club's insurance arrangements do not apply.

The Leader has no responsibility to turn up at the start of a walk if a cancellation notice has been recorded with the online program, even for a non-contact walk.

Walkers need to check for cancellations with the online program. The small number of members relying on hard copy need to check with leaders or other members to confirm that walks have not been cancelled.

### PROSPECTIVE MEMBERS

Prospective members are required to seek the leader's agreement to participate in any walk; they are advised to commence with Medium Grade 3 walks (or easier if new to bushwalking, to work up gradually to qualifying walks).

### VISITORS

Visitors may take part in walks only if invited by a full member (who must be present on the walk) and subject to the leader's prior approval. Approval should be requested by the member, not the visitor. A leader has the right to refuse to take visitors on walks. Visitors will be granted temporary club membership to enable them to take part in the activity.

### SEARCH & RESCUE:

**Contact the police or other emergency agency only if life or limb is endangered.**

In the event of a party being overdue, or some other incident, phone Bush Club contacts

Graham Condren 0418 647951; Keith Maxwell 0431 262101; Lynn Dabbs 0408 214669

## Bush Search and Rescue NSW

For emergency contact call 0427 455 897.

Wait for the number to connect. It takes around 10 seconds to do so as its rings through a few phone diversions, so don't hang up! The previous BWRS paging service has been shut down.

If you have old walk report forms already printed out, check the number at the bottom.

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## NOTES FOR WALKS PARTICIPANTS

### PRIOR TO THE WALK

1. Download and fill in the Bush Club Emergency Medical Form <http://www.bushclub.org.au/down/BushClubEmergency&MedicalForm.pdf> . Keep the form in your first aid kit. It would only be accessed by your leader or their delegate in case of an accident or medical incident, and the information would then be given to medical and/or emergency service personnel.
2. Meeting arrangements for walks – If there is any doubt about the time or place, please clarify the details with the leader.
3. Ensure you are on time, as leaders are not obliged to wait beyond the advertised time.
4. Ensure that you are fit enough for the degree of difficulty of the walk. If in doubt discuss with the leader well prior to the walk
5. Inform the leader if you have a health issue that the leader should know about eg diabetic
6. Carry sufficient water for conditions of walk. Generally a minimum of one litre or two litres or more in hotter conditions.
7. Ensure you are suitably equipped including first aid kit\*, sun cream, hat, rain gear and appropriate clothing and footwear. A map and compass may also enhance your enjoyment of the walk. The leader is entitled to check that participants are carrying necessary equipment, water and food.
8. Sign-on for walks – For your own protection, it is absolutely essential that you complete the Bush Club sign-on form prior to the commencement of each walk. The leader will provide the form. Without it both the member and the leader may be vulnerable to claims, and not protected by the Bush Club insurance arrangements
9. Remember to bring a sense of humour and adventure. Our leaders are volunteers so please remember to be patient and kind.

#### \* First aid kits

\* Members should carry a first aid kit. For higher grade/remote area first aid kits needs to more substantial. The leader is entitled to confirm that walkers are carrying an appropriate first aid kit.

eg grade 1-2-3NR (lesser requirement); NR=non remote  
grade 3R-6 (more substantial requirement); R= remote##

## Remote area definition from Remote Area First Aid Course which is medical assistance is likely to be more than 30 minutes away. Also subject to leader discretion eg the Harbour Bridge to Manly grade 4 walkers to carry a NR first aid kit.

### DURING THE WALK

- Be prepared to follow the leader's instructions. Remember the leader has your welfare at heart.
- Generally you should not leave the walk early, but if it is necessary you must advise the leader and if requested, sign off on the attendance form.
- Do not allow yourself to become separated from the group. If experiencing any difficulty such as pace, blisters, shortage of water, advise the leader **immediately**.
- As a courtesy and for safety reasons you should not generally walk ahead of the leader. At the same time you should not walk at the leader's elbow the whole time. Allow others to also enjoy walking with the leader.
- It is your responsibility to allow sufficient distance between yourself and the walker in front so that you are not injured by branches flicking back.

## AT THE END OF THE WALK

- Ensure the leader is aware you have made it to the end.
- Remember to thank the leader.

## CAR COST SHARE

See the website Noticeboard or current Walks program. Costs sometimes change with the petrol prices.

## SOME EXTRA NOTES

Every member needs to be aware that there can be many risks with bushwalking, and sometimes the consequences can be severe. We have been reminded of this quite recently with some quite serious incidents that have occurred. It is appropriate to emphasise that while all of us participate as independent walkers, there are certain obligations that it is essential we follow, without exception.

### **If in doubt – check with leader**

In choosing to join a walk, you are agreeing to abide by the leader's decisions, accept the leader's judgment, and follow the leader's directions without objection, argument or complaint. Do not hassle or badger the leader. If you are uncertain about your capacity to complete the walk, then you should check with the leader beforehand, and if in any doubt, don't go.

**The leader has enough to do establishing the route, keeping the group together and completing the walk without constant advice, questioning and dispute from others. If you have a problem with this, don't go on the walk.**

Come adequately prepared with everything you may need for the walk. On any day walk, you must have sufficient water, suitable protection as necessary (hat, long trousers, rain jacket, etc) in addition to other safety gear. The leader does not carry this for you. You should at least carry a first aid kit, matches and torch (remember any day walk can turn unexpectedly into a night walk, and our night vision deteriorates with age).

**The leader is entitled to question you about what you have with you, and refuse to take you if you are inadequately equipped.**

Recent incidents have also highlighted the need for closer control on the size of walking groups. There do need to be limits on numbers on walks in national parks, and also on any walk where there is an off track component. The committee is looking at the appropriate limits on numbers, so expect to see all of such walks as requiring prior contact with the leader.

**And remember: our leaders are all volunteers. Without them there would be no walks. Help them to enjoy themselves on their walks.**

## SUGGESTIONS TO HELP YOU PACK FOR A DAY WALK

*Bush Club members are independent walkers; responsible for their own well being and safety. The following list is provided as a guideline only. It is designed to help you get started when packing for a day walk. The list is neither comprehensive nor prescriptive. It is a starting point to assist new walkers with their own decision making. However, consider all essential items carefully in relation to: walk location, conditions, weather and leaders' comments when you contact them.*

<b>ESSENTIAL</b>  <b>ALL YEAR</b> Fully enclosed footwear+ <i>and</i>	<i>and</i> <b>ESSENTIAL</b> <i>for</i> <b>WINTER WALKING &amp;                      MOUNTAINS in COOL                      WEATHER</b>	<i>and</i> <b>ESSENTIAL</b> <i>for</i> <b>SUMMER WALKING</b>	<b>OPTIONAL</b>
Backpack large enough to carry the following: <ul style="list-style-type: none"> <li>• Water: minimum 1 litre, but amount will vary depending on the season and the difficulty of the walk. If in doubt, then call the leader.</li> <li>• Lunch and snacks ++</li> <li>• First aid kit, including bandage and any personal medication</li> <li>• Whistle</li> <li>• Money +++</li> <li>• Toilet paper</li> <li>• Rain jacket; minimum lightweight plastic poncho.</li> <li>• Matches or cigarette lighter, waterproof pkg</li> <li>• Sun hat</li> <li>• Sun block</li> <li>• Pack liner or pack cover</li> <li>• LED head torch on all walks, even on day walks (and also spare batteries for longer/remote walks). Note also that free torch apps are available for many smartphones.</li> </ul>	Take 'essential all year items' plus clothes that will keep you warm when wet, including: <ul style="list-style-type: none"> <li>• Fleece jacket</li> <li>• Beanie, gloves</li> <li>• extra thermal top and bottoms</li> <li>• Rain jacket (good quality) and over-pants</li> </ul>	Take 'essential all year items' plus: <ul style="list-style-type: none"> <li>• Extra water (suggest: 3 litres)</li> <li>• Electrolytes –</li> </ul> * You will be surprised how thirsty you get	<ul style="list-style-type: none"> <li>• Relevant map and compass</li> <li>• Tissues</li> <li>• Insect repellent (summer)</li> <li>• Mobile phone</li> <li>• Change of clothes in the car (in case of rain in winter)</li> <li>• Compact umbrella</li> <li>• Gaiters &amp; gardening gloves (rough 'off track' walking)</li> <li>• Toilet trowel/hand wash</li> <li>• Salt for leeches (or cramp relief)</li> <li>• Seat pad for lunch stops</li> <li>• Plastic bag for rubbish etc.</li> <li>• Camera</li> <li>• Binoculars</li> <li>• GPS and spare batteries</li> </ul>
	+ Sturdy with good grip ++ Your hunger may surprise you +++ For expenses such as shared transport costs		