

## SEARCH AND RESCUE SECTION

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S & R swings into action, not only when club members are injured or overdue on trips, but at the request of the Police Department, or anyone else, for persons missing or injured in the bush.

S & R is highly organised, with a central committee and contact officers in every club who call up their volunteer members in an emergency. As many as 124 members of Federation have been engaged in the one operation.

The organisation includes bushwalker, rock-climber doctors, rock rescue teams, and a radio section which operates a base radio to keep in touch with search parties with 2-way radio sets they carry.

Practice weekends are held, and every year a Demonstration Weekend, at which different clubs and speakers cover such subjects as Safety in the Bush, in the Snow, in Bushfires, in Canoes, Rock Climbing Techniques, First Aid and improvisation of equipment in the bush, How Not to Get Lost, etc.

During the past 5 years, S & R has been called on for 15 major searches, 21 rescues and 60 other alerts and in all cases has been successful. All service is voluntary, and usually employers co-operate by allowing time off without penalty, on production of a certificate from the S & R Operations Chief.

However, one of the chief aims of every bushwalking club is to train its members in commonsense and skilled bushcraft so that, apart from unavoidable accidents, they need not call on S & R for help.

## N.S.W. Federation of Bushwalking Clubs

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**N.S.W. FEDERATION OF BUSHWALKING CLUBS**

**G.P.O. BOX 2090, SYDNEY 2001**



Bushwalking is as old as the history of man in Australia—from walkabout aborigines, explorers, bushrangers, pioneers—Today's movement began with the fight to save Blue Gum Forest in the Grose Valley, and bushwalkers organised the first reservation of what is now Bouddi State Park, and Garrawarra Primitive Reserve. Now, as members of 31 affiliated clubs, they explore the bushlands, near and far, and speak with a united voice seeking, before it is too late, further conservation of the wild and beautiful places of our land.

## THE CLUBS

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Those who enjoy self-propelled outdoor life are almost certain to find congenial companionship and activity in one of the affiliated clubs. Walks programmes cover every type of outing from sedate half-day walks, base camps with day walks, to hard walks by map and compass in trackless wilderness, or speed and endurance tests on the "three peaks", Cloudmaker, Paralyser and Guougang in the Blue Mountains. Longer holiday expeditions extend to Carnarvon Gorge and Barrier Reef islands in Queensland, Flinders Ranges and Ayers Rock in S.A. and the Northern Territory, Cradle Mountain and South West Tasmania, New Zealand, Peru and the Himalayas. Specialist groups include rock-climbing, ski-ing, canoeing and caving enthusiasts. Articles in club journals reveal members interested in every branch of natural science, in local history, map making, study of aboriginal rock carvings and paintings, art, photography, etc.

Meetings are held at regular intervals, some every week in city clubrooms, for discussion, planning of trips, bushcraft, campcraft, map-reading, first aid training, with associated social programmes.

In most clubs new members join as "prospectives". They take part in test walks and camps, after some instruction in this essential basic knowledge. On these trips they find out by experience whether they are physically and temperamentally suited to roughing it, and compatible with the other members of the club.

## RULES AND CODES OF ETHICS

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Clubs have their own rules and code of ethics to cover their activities. Rules are mostly a matter of common sense and common courtesy. The goodwill of landowners is maintained by asking permission to camp, by leaving gates and sliprails as found, by causing no damage to fences, crops, water supplies and domestic animals, and by leaving no rubbish. Always it is impressed on members the importance of care with fire, of keeping streams free of pollution, of walking on tracks and camping in clearings (where these are available) to prevent damage to the bush, of leaving campsites clean for others to use by removing rubbish, by replenishing supplies of firewood in huts and camping caves, etc.

## WHY FEDERATION?

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The N.S.W. Federation of Bushwalking Clubs was founded in 1932. Elected delegates from member clubs meet every month for the exchange of information on many different matters of interest and importance to the clubs—information on tracks, maps, gear, additions to parks, conservation campaigns, etc. Through Federation clubs speak with a united voice in their approach to Government or private bodies, and information or inquiries from outside bodies can be quickly passed on by delegates to their own clubs.

## JOINT FEDERATION ACTIVITIES

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1. Every year, a reunion of clubs in a camping spot specially chosen so that older members and those with young children can attend.
2. A Federation Ball, held in September, as chief fund raising activity.
3. Search and Rescue Operations.



# MASTER

## any questions?

We have been answering questions since 1930.

Can you suggest a day walk near Sydney?

Can you advise me on equipment for a trip to South West Tasmania?

Can you make a Jacket for the ascent of Big Ben on Heard Island?

Can you make packs and tents for an expedition to South Patagonia?

The answer is nearly always "yes".

Bring your camping and walking problems to Paddy Pallins. We shall be glad to help.

We make and sell the far famed "Paddymade" equipment and we have also assembled a unique collection of equipment for the adventurous outdoorsman.

We have the biggest range of walkers' maps in Australia. Let us help you, too.

**PADDY PALLIN**  
**Pty. Ltd.**

69 Liverpool Street,  
Sydney. Phone 26-2685.

*First in 1930 and still leading.*

N.S.W. FEDERATION OF BUSH WALKING CLUBS

## Search and Rescue Section advises on— SAFE WALKING

THIS pamphlet is prepared for your guidance and safety by the Search and Rescue Section of the N.S.W. Federation of Bush Walking Clubs, so that you may obtain the utmost enjoyment from the Australian bushland.

This Section consists of a volunteer group of experienced walkers who hold themselves ready to go to the aid of all recreational walkers who are reported overdue or injured.

The Section may be contacted at all times through any member of its committee.

Walk safely—join a club. Address lists of all affiliated clubs of Federation are available from Paddy Pallin or from the Federation Secretary, Box 2090, G.P.O. Sydney.

SEARCH AND RESCUE COMMITTEE			
		PHONES:	
		Home	Work
Director	G. PALLIN	4671334	262685
Field Organiser	W. DANIELS	521 5634	248331
Secretary	Mrs. H. White		84-5011
Rock Rescue	B. Postill		
Medical Officer	Dr. R. Binks	46-5938	929-2752
Keep these phone numbers in your pack in case of emergency.			

Below are some basic principles of safe walking, but it must be remembered that your safety depends on thorough preparation and clear-headed sober actions.

### PREPARATION FOR TRIP

Choose your route with care and obtain information from experienced walkers. Trips to other States, including Tasmania, should be planned with particular care. The Federation's Honorary Information Officer, Mr. F. A. Pallin, will gladly assist you in these matters.

Do not undertake too much within the allowable time of your proposed walk and realise your limitations in relation to the country to be covered.

Obtain the best available maps and always carry a compass. Understand how to use both of them. An otherwise easy path-finding trip may become quite difficult when landmarks are obscured by rain, fog or bushfire smoke.

Solo walking is dangerous. A party of at least three is recommended. In case of an accident one can go for help whilst the other remains with the injured person.

Before starting off always leave details in writing of your route with parents and friends and be certain that they are aware of the existence and phone numbers of the Search and Rescue Section (see front page).

Check the worthiness of your gear. Prepare your food list, always allowing a slight surplus for emergencies. Your gear, excluding food, should weigh in the vicinity of 20 lbs and the total weight for a two-day weekend about 25 lbs.

Always wear sturdy, easy-fitting footwear that will stand up to rough usage. Crepe, ripple and smooth soled footwear is dangerous.

Sufficient and suitable clothing should be carried. Woollen clothing is warm even when wet and safest in bushfire conditions. A wind and water-proof outer garment is essential in extreme weather conditions. A wide brimmed hat gives protection from sun, rain and projecting twigs.

Even on day walks each member should carry an efficient torch, matches in a waterproof container, and a snake-bite outfit in a readily-accessible place. Each member should carry a light first-aid kit and have a working knowledge of first-aid.

Every party should have several 50 ft. lengths of light rope, carried on the outside of packs so that they can be quickly seized in an emergency.

#### **LEADING THE PARTY**

Every party must be in the charge of a competent leader. This leader is responsible for:—

- (a) the safety and lives of his party and should assume firm command on the appearance of any difficulty or danger.
- (b) keeping the party together at all times. He should set the pace to suit the capabilities of all members of the party. It is better to place the slower members up near the front. With large parties, an experienced walker should be placed at the rear to look after the stragglers. The leader should check the number of his party fairly frequently and should regroup the party before and after any difficult sections.
- (c) Setting the route. The leader should continually check the progress. He should frequently refer to the map and check their direction in so doing.

#### **WHILST ON WALK**

All members should know the intended route and should take notice of landmarks such as creek junctions and ridges. They should look behind every now and again in case it is necessary to retrace their steps.

### ***Don't take risks***

#### **(1) FLOODED STREAMS**

Never risk lives in flooded streams or rivers. Flood water is always far more dangerous than it looks. Unless every member in the party has been trained to deal with the floodwater conditions that exist at the time, wait until the stream goes down no matter how long this may take, or alternatively, take another safer route.

If caught by flood waters, make sure that your pack can be shed in an emergency.

#### **(2) FIRE HAZARDS**

Be careful with your camp fires and always extinguish them with water before you leave.

Avoid any areas where bushfires are burning. If you are trapped by a fire, cover up with woollen clothing and take rapid, firm decisive action to get downhill or upwind of the flames.

#### **(3) STEEP COUNTRY AND ROCKY SLOPES**

Where the climbing becomes so severe that a member could fall, and such a fall be serious, proper rock-climbing safeguards must be taken or the route avoided.

In going up or down loose slopes the party must stay together at the same level and spread out across the slope to avoid hitting one another with falling rocks. In narrow places the party should negotiate the slope one at a time.

Every member should carry his or her own pack. Carrying two packs in steep country may be chivalrous but it is also dangerous.

#### **(4) SNOW CONDITIONS**

In case of sudden exposure to extreme cold and particularly in snow conditions, first put on all your warm clothing with weatherproof clothes on top then keep moving steadily in direction of the nearest warmth and shelter, keeping out of the wind as much as possible.

### ***When in trouble***

#### **(i) SEVERE INJURIES**

Should a member of your party become injured, send for help. It is best to send two people with a written description of the injured person's condition, an accurate description including map reference (if possible) of his location, and any other relevant information. These people should contact the Search and Rescue Section without delay and also make use of any expert local help available.

#### **(ii) IF YOU LOSE YOUR WAY**

Sit down and plan logically as soon as you feel you are lost. Do not become more lost by continuing to walk aimlessly. By using a map and recollecting the country traversed, decide which is the best route to safety.

From the time you are uncertain of your location, mark the way you are going by breaking twigs, scratching arrows et cetera. Leave dated notes giving the names of your party and what you intend to do. Leave them in conspicuous places and wherever you stop for a meal or camp.

Check your supplies of food and ration them if necessary. Unless you are quite sure of the way, it is not safe to travel in rough bush country at night. It is better to light a good fire in a sheltered position or cave and await the arrival of either daylight or searchers.

If you are bewildered and cannot find your way to safety, find an open campsite with water and stay put. If possible, the best site is where you will not be in the shadow of surrounding hills or mountains for most of the day.

The accepted distress signal is three distinct calls or whistle blasts, or a series of three flashes from a mirror. It is essential to have a good smoky fire in order to attract attention.

#### **(iii) OVERDUE PARTIES**

If any member of your party becomes separated and lost you should report this fact at once to Search and Rescue Section. Your part in the subsequent search must be under the direction of the Search and Rescue Field Organiser and in no circumstances should you try to locate your friends by yourself as this may only result in more lost personnel.

Parents and friends of overdue parties are advised to contact either the Search and Rescue club contact men (if they are club members) or any member of the Search and Rescue committee direct.