

The Wanderers Bushwalking and Outdoors Club Inc

Guidelines for Members

1 Before an Activity

- 1.1 Inform yourself of the nature of the activity and ensure that it is within your capabilities. If you have any doubts you should discuss these with the leader.
- 1.2 Contact the leader before the closing time for bookings to register for an activity. Unless indicated in the program this would be 8:30pm on the day before the activity.
- 1.3 Ensure you are suitably equipped for the activity (please refer to the What To Carry on Bushwalks handout).
- 1.4 Please carry your Member Emergency Contact and Medical Information form in your first aid kit. This information will only be accessed by the activity leader or their delegate and given to the relevant medical and/or emergency services personnel.
- 1.5 A full or life member of the Club can request that the activity leader allows an adult friend or family member to accompany them on an activity (as a temporary member). If the person is under 18 years of age they are not allowed to participate in the activity.
- 1.6 The leader has the right to refuse participation by any person on an activity and to limit the total number of participants.
- 1.7 If there is a need to cancel your participation in an activity, please advise the leader as soon as possible.

2 At the meeting place

- 2.1 Please note that the meeting place and time varies.
- 2.2 Arrive at the meeting place at least ten minutes before the designated meeting time to allow time to sign-on and for car pooling to be organised.
- 2.3 Complete your entry on the Acknowledgement of Risks and Obligations of Members and Activity Registration form.
- 2.4 Leaders will provide the drivers with details about getting to the starting point for the activity.

3 During the activity

- 3.1 Follow the leader's instructions. Be courteous, co-operative and helpful to other walkers in the group.
- 3.2 Generally you should not leave the activity early, but if it is necessary you must advise the leader. You must accept a leader's decision to send someone with you to accompany you out.
- 3.3 Do not allow yourself to become separated from the group. If experiencing any difficulty, such as pace, blisters or shortage of water, advise the leader immediately. Participants should normally maintain a line of sight with people in front and behind them.
- 3.4 Walkers should remain behind the leader unless directed otherwise. Do not leave the track, if on a track walk, or fall behind the person appointed 'tail' for any reason without advising the 'tail'.

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- 3.5 Please allow sufficient distance between yourself and the walker in front so that branches flicking back or stray walking poles do not injure you.
- 3.6 Participants must carry out all rubbish – "leave no trace".
- 3.7 Smoking is prohibited in National Parks and many other recreational areas.
- 3.8 Mobile phone conversations during walks should be discreet and kept to a minimum.
- 3.9 In the event of a late return, concerned families or friends should contact one of the Club's emergency contacts listed on the front page of the Activities Program.

4. *At the end of the activity*

- 4.1 Ensure that the leader knows that you have made it to the end.
- 4.2 Please thank the leader.

**Remember to bring along a sense of humour and adventure.
Our leaders are volunteers so please be patient and kind.**

Enjoy your walking.