

# KYOGLE BUSHWALKERS INC.

## BUSHWALKING ESSENTIAL INFORMATION DOCUMENT

### 1. Risk Management

All participants are required to sign an attendance form prior to every club activity and, in so doing, formally acknowledge the club's procedures and conditions of participation, as set out in this document. Children under 16 years of age must be accompanied by an authorised responsible adult who must sign the attendance form for the child;

Each participant must comply with the club's procedures and requirements, and follow instructions from the activity leader;

Each participant must determine and accept the level of risk for each activity from a personal perspective, or if necessary, by consensus within the party. Each participant must realistically assess their fitness and experience. Upon request, the leader and/or experienced club members will assist participants with a risk assessment, but participants must take sole responsibility for their decisions, irrespective of the influence of others, including the leader.

Participants must advise the leader, before the walk, of any limitation or medical condition that may impair their walking ability and/or requires special treatment and/or medication in the event of incapacitation;

Leaders are volunteers and are only responsible for the organisational aspects of that activity and are not necessarily expert in all aspects of bushwalking, and may rely upon the expertise of others within the party;

Each participant acknowledges that participation in walking may involve a real risk of serious injury or death from various causes, as well as damage to personal property. Kyogle Bushwalkers Inc., its office bearers and leaders do not accept any liability in respect of such risk. The club is covered by Personal Accident, Public and Association Liability insurance through 'Bushwalking Australia'. <http://www.bushwalkingaustralia.org>. If anyone is injured during a club activity, please advise the leader.

### 2. General Risk and Safety

Risk may include, but is not limited to: slippery and/or uneven surfaces, dislodged rocks, height exposure, creek crossings, hypothermia and heat exhaustion. Rain, weather changes, lack of track maintenance, landslides, erosion, fallen trees and other unforeseen circumstances may exacerbate risk;

Snakes are rarely encountered but can be encountered on any walk. The degree of risk increases in the spring and summer months and in remote locations. Protection is at participants' discretion.

Leeches, ticks, mosquitoes and other biting insects are variable seasonal hazards. Protection is at participants' discretion;

Members are encouraged to acquire a reasonable knowledge of navigation, bush safety, and first aid.

All participants should advise a responsible person of the details of the walk and the possibility of a late return as a result of bad weather and/or unforeseen circumstances;

The emergency telephone number for fire, police and ambulance is 000 and, for mobile phones, 112. Be prepared to give accurate relevant details including the map name, the map datum and the map reference co-ordinates

### 3. Equipment

All participants must adequately equip themselves for the type of walk being undertaken, and reasonably provide for possible adverse conditions, including sun exposure, wet/windy weather and vegetation obstructions;

All participants must provide their own first aid kit including: band aids, emergency blanket, compression bandage, blister protection, necessary medications, water purifying tablets, whistle, matches, small torch, pocket knife; All participants must carry adequate water. All water obtained direct from the environment should be purified by boiling and/or chemical treatment;

All participants must wear suitable footwear in good condition. A hat is recommended. Leg, armband and hand protection is at the discretion of each participant.

### 4. General Instructions:

- Follow the instructions of the activity leader.
- Walk together as much as possible, always keeping in sight of the person ahead and behind.
- Advise the leader if you are having difficulty in keeping up. An experienced responsible member should be posted at the rear of the party
- If a participant wishes to leave the activity, they do so at their own risk and are responsible for informing the leader of their intention so they can be accounted for.
- Observe fire restrictions and extinguish all fires with water;
- Leave campsites clean and tidy and take out all rubbish
- In wilderness areas limit group size to 12 and obliterate, as much as possible, all signs of your passing;
- Use of soap or detergent is not recommended, but must be at least 50m from any watercourse;
- All human waste must be buried 15cm deep and at least 50m from any watercourse.

## 5. Walks Descriptions

Walk programs provide a brief description of each walk. More information is available from walks leader;

A walk grading is estimated for every walk. Due to subjective nature of an assessment and the variability of walks, the walk grading is for guidance only; Distance estimates in the walk descriptions may not be an accurate guide for estimating time;

Terminology:

*Through walk:* A back-packing walk of two or more days duration

*Rock hopping:* Stepping or leaping from rock to rock. Rocks may be loose and/or slippery

*Rock scrambling:* Negotiating sloping rock features requiring the use of hands

*Height exposure:* Proximity to cliffs etc from which a fall would cause severe injury or death

*Scratchy:* Presence of thorny rain forest vines, lantana thickets, dense scrub etc;

## 6. How To Participate

Intending participants must contact the leader prior to the walk.

Leaders may cancel a walk if there are insufficient participants or if unforeseen circumstances arise.

Check the Club website or contact the leader for cancellation information;

Leaders may, at their sole discretion, limit the group size and refuse permission to any intending participant;

Prospective members may attend two club activities at a \$ 5 temporary membership fee prior to joining the club, after which the full club subscription is payable; (minus previously paid fees)

Prospective members are advised to start with easy walks; Dogs are not permitted on club walks;

## 7. Transport and Convoy Procedures

All transport is by private vehicle – car pooling is recommended. Passengers are expected to contribute to vehicle running costs. A suggested contribution per passenger is estimated cost of fuel multiplied by 1.5 then divided by the total number of persons in the vehicle; When driving in convoy, each driver must keep the vehicle behind in sight, at all times, especially when turning off;

## 8. Photographs

Group photographs may be posted on the club website. Please inform the leader if you do not wish to have your image taken and/or posted online.

# Australian Walking Track Grading System

AWTGS classifies tracks into 5 grades, based on the Australian Standard for walking track construction (AS 2156). It was funded and developed by a Victorian Government initiative, in partnership government agencies and non-government groups across Australia, including NSW National Parks.



Grade 1

No bushwalking experience required. Flat even surface with no steps or steep sections. Suitable for wheelchair users who have someone to assist them. Walks no greater than 5km.



Grade 2

No bushwalking experience required. The track is hardened or compacted surface and may have a gentle hill section or sections and occasional steps. Walks no greater than 10km.



Grade 3

Suitable for most ages and fitness levels. Some bushwalking experience recommended. Tracks may have short steep hill sections a rough surface and many steps. Walks up to 20km.



Grade 4

Bushwalking experience recommended. Tracks may be long, rough and very steep. Directional signage may be limited.



Grade 5

Very experienced bushwalkers with specialised skills, including navigation and emergency first aid. Tracks are likely to be very rough, very steep and unmarked. Walks may be more than 20km.