



## Sutherland Bushwalkers Club



### Participants Guidelines

#### PRIOR TO ACTIVITY

- ❖ It is a requirement that a Risk Waiver be signed prior to each activity
- ❖ Ensure that you are fit enough for the degree of difficulty of the activity. If in doubt, discuss with the Activity Organiser before starting.
- ❖ Arrive at starting point on time.
- ❖ Carry sufficient water for conditions, generally a minimum of one litre or two litres or more in hotter conditions.
- ❖ Ensure you are suitably equipped including first aid kit, sunscreen, hat, food, rain gear, whistle, torch and appropriate clothing and footwear. A map and compass may also enhance your enjoyment of the walk.
- ❖ Ensure you complete the sign on sheet after reading the Risk Waiver and noting any risk warnings.
- ❖ Remember to bring a sense of humour and adventure. Our Activity Organiser's are all volunteers so please remember to be patient and kind.

#### DURING THE ACTIVITY

- ❖ Follow the Activity Organiser's instructions. Remember your activity organiser has your welfare at heart. Be courteous, co-operative and helpful to other participants in the group. If bushwalking follow the Bushwalkers' Code.
- ❖ Generally you should not leave the activity early unless pre-arranged, but if it is necessary you must advise the activity organiser and if requested, sign off on the activity sign on sheet. You must accept the activity organiser's decision to send someone with you to accompany you out.
- ❖ Do not allow yourself to become separated from the group.
- ❖ If experiencing any difficulty such as pace, blisters, shortage of water, advise the activity organiser immediately. Participants should maintain a line of sight with people in front and behind them.
- ❖ Car pooling is recommended. Contribute to car costs if you are a passenger in another member's vehicle.
- ❖ 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.
- ❖ Do not leave the track or fall behind the person appointed 'tail' for any reason without advising the 'tail'.

#### AT THE END OF THE ACTIVITY

- ❖ Ensure the activity organiser is aware you have made it to the end.
- ❖ Remember to thank the Activity Organiser.