



Sutherland Bushwalking Club Inc.



Participant's Guidelines

PRIOR TO ACTIVITY

- ❖ Be familiar with and adhere to any public health guidelines.
- ❖ Please do not participate in an activity if you are unwell.
- ❖ It is a requirement that Participant personal and emergency contact details are recorded on the Risk Waiver & Trip Report form for each activity. The club Risk Waiver Statement is signed each year at membership renewal.
- ❖ Ensure that you are fit enough for the degree of difficulty of the activity. If in doubt, discuss with the Activity Organiser before starting.
- ❖ It is recommended that all activities be a minimum of 3 people
- ❖ Arrive at the meeting location prior to the start time of the activity.
- ❖ Carry sufficient water for the conditions, generally a minimum of one litre or two litres or more in hotter conditions.
- ❖ Ensure you are suitably equipped including a basic first aid kit, sunscreen, hat, food, rain gear, whistle, torch and appropriate clothing and footwear. A map may also enhance your enjoyment of the walk.
- ❖ Remember to bring a sense of humour and adventure. Our Activity Organisers 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.
- ❖ Generally, you should not leave the activity early unless pre-arranged, but if it is necessary, you must advise the activity organiser. You must accept the activity organiser's decision to send someone with you to accompany you out.
- ❖ Do not get in front of the person leading the activity, unless advised to do so.
- ❖ Do not proceed past track junctions until advised to do so.
- ❖ 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.
- ❖ 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'.
- ❖ Car pooling can be used. Contribute to car costs if you are a passenger in another member's vehicle. A suggested formula can be found in the activity program.

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.
- ❖ Ensure all cars start, especially in remote areas, before all participants leave.