

Armidale Bushwalking Club Inc

www.bushwalking.org.au/~armidale



Armidale Bushwalking Club Members Kit

Overview Armidale Bushwalker's Member's Kit

Drafted by David Lawrence after discussions with Kathy King and Colin Wood

: This Kit contains:

: This overview

. Group Waiver/Incident Report sheets

. Walk Participant's Guidelines

: Brochure "Bushwalker's Code"

. Suggested Daypack

. Suggested Overnight Backpack

. Armidale Bushwalking Club Membership form (see separate file)

. Multiwalk Gradings

. Child Membership Risk Waiver Form

. Responsible Adult Form (to be signed by parent and the adult they have arranged to be responsible for the child on a walk)

. Child Protection Prohibited Employment Form

. *(The companion Walk Leader's Kit has all this, plus a few extras)*

It's wise to make sure you are fit for the advertised walk- check its gradings and question the leader beforehand. Confirm you intend to come clearly, and please notify the leader **As Soon As Possible** before the walk if you are unable to attend.

Gear lists are the subject of many wrangles amongst bushwalkers, and no doubt these two will provoke more. The Suggested Day Pack (including a section of extra Leader's gear) should be useful for any new members. The same applies to the Suggested Overnight Backpack- participants should carry no more than 20% of their (fit!) body weight- hence the inclusion of the weights of various gear. (Some clubs weigh participant and pack before the walk, and enforce the 20% limit!) . (You will be expected to share the carrying of some provided gear eg EPIRB, Waterfilter).

It is **mandatory** that you sign-in on the standard Group Waiver Form before each trip. (Leaders will provide the form).

The Child Protection Policy of **The Confederation of Bushwalking Clubs NSW Inc** is applicable to all Committee members, staff (paid, voluntary, permanent or casual) , leaders and volunteers of **The Confederation of Bushwalking Clubs NSW Inc**, and is thus supported and implemented by Armidale Bushwalking Club.

If you are the parent of a child (under 18) you need to sign their 8 Child Membership Risk Waiver form **before their first walk with Armidale Bushwalkers.**

Remember to also sign for your child on the Group Waiver Form every time you accompany them on an ABC trip.

If you can't attend, you can delegate care of your child to another attending adult by both of you filling in the Responsible Adult Form. This adult also must sign the Group Waiver on behalf of the child.

(Walk Leaders must sign a Child Protection Prohibited Employment Form before leading a walk with child participants)

Please let us know of any suggestions for improvement.

Happy Wandering!

3Walk Participant's Guidelines

(From Confederation of NSW Insurance/Legal Subcommittee Date: March 11, 2004)

APPENDIX 2 -11-

PRIOR TO WALK

1. Ensure that you are fit enough for the degree of difficulty of the walk. If in doubt, discuss your fitness with the leader well prior to the walk.
2. Arrive at starting point on time.
3. Carry sufficient water for conditions of walk, generally a minimum of one litre, or two litres or more in hotter conditions.
4. 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
(see *4Daypack May 2010* or *5AOvernight Backpack May2010*)
5. Ensure you complete the sign on sheet after reading the Risk Waiver and noting any risk warnings.
6. Remember to bring a sense of humour and adventure. Our leaders are all volunteers so please remember to be patient and kind.

DURING THE WALK

1. Follow the leader's instructions. Remember your leader has your welfare at heart. Be courteous, co-operative and helpful to other walkers in the group. Follow Confederation's Bushwalkers' Code.
2. Generally you should not leave the walk early unless pre-arranged, but if it is necessary you must advise the leader and if requested, sign off on the activity sign on sheet. You must accept a leader's decision to send someone with you to accompany you out.
3. Do not allow yourself to become separated from the group. If experiencing any difficulty such as pace, blisters, shortage of water, advise the leader immediately. Participants should maintain a line of sight with people in front and behind them.
4. Car pooling is recommended. Contribute to car costs if you are a passenger in another member's vehicle.
5. 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.
6. Do not leave the track, if on a track walk, or fall behind the person appointed 'tail' for any reason without advising the 'tail'.

AT THE END OF THE WALK

1. Ensure the leader is aware you have made it to the end.
2. Remember to thank the leader.

DayPack April 2006

Good Day Pack

(ideally with waterproof cover or waterproof bag inside)

Wallet/purse with cash/credit cards

Underclothes

Shirt

Long Loose Pants

Kneeguards?/Socktops?

Hankies

Sox

Boots

Polarfleece

Rainwear (Waterproof coat and pants for winter)

Hat (gloves and beanie in winter)

(Thermals also in winter)

Emergency Shelter eg Space blanket, cord

Watch

Sunglasses

Spectacles, case

Walking Sticks?

Lunch (eg Sandwiches,

Fruit Bars, Apples /Dried Fruit)

Water + Container (2-3 L)

Map Pouch

Maps in Waterproof cover

Track Notes

Compass?

First Aid

Elastic Bandage & Keeper

Stingose

Antiseptic

Elastoplast

Eyewash

Headache tablets

Antihistamine for toxic shock?

Fine Tweezers

Splinter Needle

Individual Medication?

Pencil, Waterproof Notebook Whistle

Lighter, Firelighters

Pocket Knife

Toilet paper, digging tool

Sunscreen

Torch, spare bulb

Specific Interest gear eg

Binoculars?

Collection Bags? Hand Lens? Video Camera? Waterproof Camera? Film? /Pouch?

(with extra batteries!)

Additional Party Gear/Leaders

Car keys and driver's licence

(carry spare key)

Addresses, phone nos, pickup times for all party

Addresses, phone nos, meeting times & places for all field contacts

Medical information about party

Waiver Forms

Membership Forms

Incident/Trip Report Form

Firelighting Gear

(one of these three- 1 GPS with extra batteries OR 2 X UHF Radio with extra batteries OR 1 EPIRB)

Repair- Duct Tape, Fine wire, Nylon Cord, Large Safety Pins, Other?

5B Overnight Backpack

Count every gram! Note this includes only N (4) day's food and 1 litre of water , but includes everything you are wearing and carrying. The rule about carrying less than 20% of your fit body weight excludes the clothes you're wearing. That makes the "pack weight" below = 14.135 kg (15.805-1.67 kg). You will need to lighten the pack below if you are under 71 kg. {Try an Ultralite backpack (800 grams), sharing a tent, perhaps lighter camp shoes.....}

Note: The table was created on MS Works Spreadsheet. Try substituting different amounts in the different categories.

David Lawrence, with heavy assistance from Peter Rodger- May 2010

	Mass (kg)		Mass (kg)		Mass (kg)
Camp Essentials	7.26	Toilet Bag (total)	0.105	Map Pouch(incl.3 maps)	0.2
Backpack	1.72	Toothbrush/Paste	0.02	GPS	0.24
Tent/Pegs/Wand/Rope	1.85	Soap	0.01	Leader-EPLB	0.4
Extra Groundsheet	0.4	Towel (Camp)	0.05		
4 Seasons Sleep. Bag	1.8	Mirror	0.02	Food All Trip(=NXFDT)	2.72
Sleeping Bag Sheet	0.1	Razor	0.005	Food Daily Total=FDT)	0.68
AirBed	0.54			Cereal	0.06
		First Aid (Leader)-total	0.25	Powdered Milk	0.06
Torch	0.02	Elastic Bandage & Keeper		Milo/Tea/Coffee	0.02
		Stingose		Sugar (Sub Equal)	0.005
Kovea stove	0.09	Antiseptic		Luncheon Paste	0.005
Windshield	0	Elastoplast		Packet Pasta/Rice	0.12
Gas, 3 days	0.25	Eyewash		Carrots/Peas/Corn	0.06
Big Billy & Lid	0.22	Panadol		Cheese	0.05
Small Billy (use Big lid)	0.15	Sleeping Tablets		Fruit Bars (3x0.05)	0.15
Mug	0.08			Apples/Dried Fruit	0.1
Bowl	0	Belt Pouch (total)	0.65	Rice/Custard	0.05
Spoon	0.025	Puratabs	0.02		
Billy Lifter	0	Ball Point, Pencil	0.015		
Chux	0.005	Waterproof Notebook	0.065		
Nylon Scourer	0.01	Tiny Compass	0.02	Water (1L)+2 Containers	1.1
		Whistle	0.03	Wear/Carry	1.67
		Hand Lens	0.02	1 Pair good Joggers	0.9
		Lighter	0.01	Hat	0.1
		Firelighter	0.03	Sunglasses	0.03
		Pocket Knife	0.09	Watch	0.01
Clothesbag	3.07	Comb	0.02	Walking Stick(s?)	
Flyveil	0	Toilet paper	0.03	1underpants	0.05
Goretex Raincoat	0.89	Money+Credit Card	0.02	Light long pants/Shorts	0.2
1underpants	0.05	Sunglasses	0.03	Longsleeved Shirt	0.2
1 pr light long pants	0	Sunscreen	0.02	Hanky	0.01
1 T-shirt	0	Camera	0.21	1 light/1 heavy sox	0.13
2 Hankies	0	Tiny Torch	0.02	Kneeguards?/Socktops	0.01
1 light sox	0.04	Spare (total)	0.21	Compass	0.03
1 heavy sox	0.09	Wire	0.02	Grand Total	15.805
Heavy Thermals	0.4	AA battery (25g x4)	0.1	Spring>Autumn	
Camp Shoes	0.5	Bulbs	0.01	-Substitute	
1 pair w'proof pants	0.5	Compass	0.03	3 Seasons Sleep. Bag	0.71
Polar Fleece	0.6	Pencil	0.01	Rain Poncho	0.3
		Repair Tape	0.03	Light Thermals	0.25
		Safety Pins	0.01	No Waterproof Pants	-0.5

7 MultiWalk Gradings

WALK GRADING

This grading system is divided into trip type, approximate daily distance, type of terrain, and fitness level required. All walk participants should check the grading to ensure they have suitable fitness level before undertaking a walk.

WALK TYPE

DW- One Day Walk

BP(3d2n) Backpack, 3 Days, 2 Nights

CC(2d2n)= Car Camp, 2 Days, 2 nights

APPROXIMATE DAILY DISTANCE

S - Short - Less than 10km

M - Medium - 10-15 km

L - Long - 15-20 km

XL - Extra Long - over 20 km

TERRAIN

GRADED TRACK WALKING - These walks are on formed and maintained tracks for walking or for vehicles.

OFF-TRACK WALKING - These walks are over territory where *there are no formed or maintained tracks.*

1 - Graded track, some incline

2 - Graded track, hills, creek crossings

3 - Rough track, steep sections, creek crossings

4 - Off track, moderate terrain

5 - Off track, thick terrain

6 - Off track, rock climbing and exposure

FITNESS

A - Low fitness

B - Moderate fitness

C - Good fitness

D - Good fitness with agility

E - High fitness level

F - Strenuous - experienced walkers only!

(so the Threlfal Walk would be rated DW S 1 A ; Kathy's Long Point Backpack BP(3d2n) M 4 C; and so on)

8 Child Membership RISK WAIVER FORM

APPENDIX 5 -14-

RISK WAIVER FOR A CHILD ON THE CLUB MEMBERSHIP APPLICATION FORM OR BEFORE THE FIRST CLUB ACTIVITY

(To be signed by parent or guardian before the child’s FIRST activity with the club)

..... (Name of Club)

I am the parent/guardian of (Name of child)

whose date of birth is / / .

I consent to..... (name of child)

participating in the activities of (name of club) *in my company or the company of an adult who has signed the 9. Responsible Adult RISK WAIVER FORM appended.*

I understand that (name of child) may be exposed to risks that could lead to injury, illness or death or to loss of or damage to my child's property.

Those risks may include but are not limited to slippery and/or uneven surfaces, rocks being dislodged, falling at edges of cliffs or drops or elsewhere, risks associated with crossing creeks, hypothermia and heat exhaustion.

To minimise these risks I will endeavour to ensure:

That any activity in which (name of child) participates is within his/her capability, that she/he is carrying food, water and equipment and wearing clothing and footwear appropriate for the activity, that she/he will obey the directions which are given by the leader. I will advise the activity leader if the child is taking any medication or has any physical or other limitations that might affect his/her participation in the activity.

I have read or heard and understand these requirements; I have considered the risks before choosing to sign this form. I still wish (name of child) to participate in the activities of (name of club) I agree by signing this form to waive any claim for damages arising from this activity that I or my child may have against the club, the leader or other participants in tort or contract.

My consent is binding on (name of the child)

Signed: (PARENT/GUARDIAN)

.....(PRINT NAME)

.....(ADDRESS)

.....(PHONE)

..... (DATE)

9. Responsible Adult RISK WAIVER FORM

APPENDIX 6

RISK WAIVER FOR A CHILD TO BE COMPLETED WITH THE SIGN ON SHEET BEFORE AN ACTIVITY BY THE ADULT RESPONSIBLE FOR A CHILD

..... (Name of Club)

.....(Name of Walk/Activity)

I (name of person) am over the age of 18 years and undertake to be responsible for (name of child) whose date of birth is / / .

I have been authorised to be responsible for (name of child) by the child's parent/guardian.(signature of Parent/Guardian).

I understand that (name of child) may be exposed to risks that could lead to injury, illness or death or to loss of or damage to the child's property. Those risks may include but are not limited to slippery and/or uneven surfaces, rocks being dislodged, falling at edges of cliffs or drops or elsewhere, risks associated with crossing creeks, hypothermia and heat exhaustion and (Leader to insert any known additional risks for the day.)

To minimise these risks I will ensure that (name of child) will obey directions which are given by me and the leader of the activity. The activity is within the child's capabilities and she/he is carrying food, water and equipment and wearing clothing and footwear appropriate for this activity.

I do not believe that the child is taking medication or has limitations which will prevent the child from successfully completing this activity.

If the child is unable to complete the activity or is having difficulties then I undertake to notify the leader and make arrangements if necessary to shorten the activity for the child. I will make every effort to ensure that I and the child remain with the rest of the party during the activity and accept the instructions of the leader of the activity.

I have read or heard and understand these requirements. I have considered the risks before choosing to sign this Risk Waiver form. I still wish to join the activity with the child. I agree by signing this form to waive any claim for damages arising from this activity that I or the child may have against the club, the leader or other participants in tort or contract.

Signed: (DATE)

.....(PRINT NAME)

.....(ADDRESS)

.....(PHONE)

-10. CHILD PROTECTION (PROHIBITED EMPLOYMENT) ACT 1998

The Child protection (Prohibited Employment) Act 1998 makes it an offence for a person convicted of a serious sex offence (a prohibited person) or a Registrable Person under the Child Protection (Offenders Registration) Act 2000, to apply for, undertake or remain in, child-related employment. It does not apply if an order, from the Industrial Relations Commission or the Administrative Decision's Tribunal, declares that the Act does not apply to a particular person.

Section 5 of the Child Protection (Prohibited Employment) Act 1998 defines a serious sex offence as an offence involving sexual activity or acts of indecency that was committed in NSW and that was punishable by penal servitude or imprisonment for 12 months or more even if the sentence was not served, or, an offence involving sexual activity or acts of indecency that was committed elsewhere and that would have been punishable by penal servitude or imprisonment for 12 months or more if it had been committed in NSW.

Child-related employment means any employment where at least one of the essential duties of the position, involves direct contact with children where that contact is not directly supervised. Section 1 of the Child Protection (Prohibited Employment) Act 1998 specifies that child-related employment is employment:

- Involving the provision of child protection services
- in pre-schools, kindergartens and child care centres (including residential child care centres)
- in schools or other educational institutions (not including universities)
- in detention centres (within the meaning of the **Children (Detention Centres) Act 1987**)
- in refuges used by children
- in wards of public or private hospitals in which children are patients
- in clubs, associations or movements (including of a cultural, recreational or sporting nature) having a significant child membership
- in any religious organisation
- in any entertainment venues where the clientele is primarily children
- as a babysitter or childminder that is arranged by a commercial agency
- involving fostering or other child care
- involving regular provision of taxi services for the transport of children with a disability
- involving the private tuition of children
- involving the direct provision of health services
- involving the provision of counselling or other support services for children
- on school buses
- at overnight camps for children

Under this Act:

- **it is an offence** for a prohibited person to **apply for**, or **remain in** child related employment.
- employers must ask existing employees, both **paid** and **unpaid**, and preferred applicants for employment to declare if they are a prohibited person or not.
- All child-related employees **must** inform their employers if they are a "prohibited person" or remove themselves from child-related employment. A prohibited person is someone who has been convicted of a serious sexual offence or, who has had a finding for a charge of a serious sexual offence proven in court, even if a conviction was not recorded.
- penalties are imposed for non compliance.

I am aware that I am ineligible to apply for, or remain in, child related employment if I have been convicted of a "serious sex offence" as defined in the Child Protection (Prohibited Employment) Act 1998 or if I am a "Registrable Person" under the Child Protection (Offenders Registration) Act 2000.

I have read and understood the above information in relation to the Child Protection (Prohibited Employment) Act 1998 and understand my responsibilities and obligations under this Act.

I declare that I am not a person prohibited by the Act from seeking, undertaking, or remaining in child related employment.

Name (Block letters): _____

Signature: _____ Date: _____

Note: This form should be returned to your employer / potential employer