

Bundaberg Bushwalking Club Inc



Members Information Booklet

Introduction

Welcome to the Bundaberg Bushwalking Club Inc.

The contents of this handbook are mainly directed at new members, giving you an introduction to bushwalking so that first time walkers will have the basic knowledge for their enjoyment and safety. It is also recommended that all members have the book for reference purposes. Members are expected to understand and to comply with the guidelines.

We hope that your time with us will be rewarding and enjoyable.

Club History

The Club was formed in July 1984 when Richard Gear implemented the suggestion of Jan Lunde that a Bushwalking Club would be of benefit to the district. The Club was incorporated on March 27, 1986.

The objects for which the Club was established were:

- To organise bushwalk outings
- To promote interest in the environment
- To ensure minimal impact on the environment during club activities.

Club information

Meetings are generally held monthly on the first Tuesday of the month at 7pm at Bundaberg State High School.

There is no compulsion to attend the meetings. Attendance is welcomed as this shares the responsibility of planning club activities.

A monthly newsletter is published following each meeting. This is the primary source of information for members. The newsletter is emailed to members, or if they do not have email, posted/delivered. Copies are also available on the club website and in hard copy at various locations around town, including the library and Bundaberg Disposals. We also advertise most of our activities on the Club's Facebook page.

We endeavour to provide an outing each fortnight on a weekend – usually a Sunday. Walks are arranged to suit individual requirements and the gradings of these walks are noted in each newsletter. If you are new to bushwalking and are not sure of your ability, select one of the easy walks first and contact the nominated leader to arrange to join that walk.

The outings vary from half day to day long walks, overnight and weekend camping trips. The Club has also organised member trips to the Snowys, Warrumbungles, Red Centre, Lawn Hill Gorge (Boodjamulla) and many more.

Costs

Current Fees (membership fees due 1 July each year):

- Membership fees - Adult - \$20 per adult (or \$10 per adult per half year)
- Membership fees - Child (under 18) - \$10 (for one or more children from the same family)

Please do not send cash through the mail. You can pay your membership fees at the monthly meeting, or by EFT BSB 064-403, account no 00915879 quoting your surname as reference. A receipt will be emailed to you by the Treasurer.

Walk Fees – free for members, \$5 per visitor

On day walks, car loads are generally arranged at the nominated departure point with passengers contributing to petrol costs. Suggested basic contributions for passengers are:

**10-20 kms \$5/person, 20-50km \$8/person, 50/100km \$10/person
100-200km \$15/person, 200-250km \$20/person, 250-300km \$25/person**

Walk Recce Costs_- funds are available to cover expenses (fuel etc). Please submit a claim (mileage travelled) to the treasurer.

First Aid - to encourage more members to become First Aid proficient, the Club will pay a 50% fee subsidy to those members who attend and complete a recognised First Aid or CPR course.

Visitors/New Members

We prefer any prospective members to attend a day-walk outing before joining. This gives you the chance to see whether you are interested in the club before having to pay membership. At the departure point you will be asked to sign an acknowledgement of risk form for insurance purposes. At the end of the day you will be able to decide if the Club is for you and if so, you can join. Membership application forms are available on our website, at the monthly meetings, by email, or by contacting the club.

Safety

Hand held radios are used during car convoys and on walks to aid communication and enhance safety. The club also has Personal Locator Beacons (PLB), GPS and compasses available for members to use on club walks.

The leader will ensure that for remote walks or walks where phone coverage is not reliable, there will be at least 2 radios and a PLB on the walk. In addition, members who own their own radios or GPS often bring them on walks.

All persons take part in outings on the understanding that they do so entirely at their own risk. They agree that the responsibility which they take for their own safety, is the same that they would apply if they were on their own organised outing.

Those intending to participate on outings must contact the nominated walk leader prior to the walk. This particularly applies to newcomers to club outings. Comfortable walking shoes/boots and suitable clothing should be worn on all outings. A suitable day pack and adequate water should also be carried (see our website for suggested pack contents).

Insurance

Club members and visitors, along with all financial members of participating clubs in Queensland, are covered by insurance while taking part in official club events, including social and fundraising events. This is part of your membership fees. Please note that there are excesses, exclusions and considerations involved. You can obtain a copy of the Policy from the secretary if you wish.

Walk Guidelines

- The walk leader is accorded sole authority by the Committee for that particular walk. Support that authority by directing all walk enquiries prior to, and during, the walk to the Leader.
- Read the walk description and note the rating. If you are unsure of your abilities, please discuss this with the leader before nominating. Neither you nor the other walkers will have a good day if your fitness is not of a suitable standard. If you have any health problems, inform the leader and discuss the matter prior to the walk.
- Contact the walk leader as soon as possible prior to the walk – preferably a week in advance. Discuss with the leader the walk rating and whether it is suitable to you and your ability. New walkers should carefully consider the leader’s advice regarding walk difficulties especially if children are involved or you have any health issues.
- If you leave it until the day before to contact the leader, you may find that the walk has been cancelled due to apparent lack of interest, or the details have changed. Leaders give their time to organise walks so please respect this by contacting them well in advance.
- If you are unable to attend an activity that you have nominated for, advise the leader as soon as possible. It is not acceptable to just not show up on the day.
- If you have commitments after a walk please discuss this with the leader before commencing the walk. Leaders cannot guarantee the time of return due to weather, terrain and the expertise of walkers.
- All members and intending members must carry a backpack with defined minimum contents including sufficient food and water and a personal first aid kit.
- The club supports the principle of Minimal Impact Bushwalking:
 - Take only photos, leave only footprints – all areas to be left unmarked and unaltered.
 - If you pack it in, carry it out – resealable plastic bags and take all of your scraps etc home.
- Hats, sunscreen, suitable clothing and appropriate footwear are a must. Serious foot injuries can occur if thongs or open sandals are worn as a result of impact with broken branches hidden in the grass, thorny vegetation and uneven rocky ground. We suggest a shoe/boot that protects the foot, supports the ankle and has a good sole grip in wet or dry conditions.
- People who depend on medication should carry it on the walk. If that medical condition may require emergency management assistance, you should discuss that with the leader. All members are asked to advise the leader immediately they become aware of the onset of any problem which may prevent him/her completing the walk. A Personal Emergency Information forms is available to complete and carry in your back pack.
- We generally arrange car sharing from the meeting place to the walk, however if you require a lift, advise the leader before the walk day so that they can ensure there are enough vehicles.
- Check the meeting location with the leader. If you do not live in town it may be possible for you to meet the group at a different location. For example, if we are walking around Mt Perry, members who live in Gin Gin usually meet the group in Gin Gin rather than having to drive to Bundaberg.

Walk Day

BUSHWALKERS CODE

- Protect plants and animals
- Remove rubbish
- Keep streams and lakes clean
- Take care with fires
- Camp carefully
- Keep to the track
- Consider others (including landowners).
- Respect our cultural heritage

Before the Walk

1. Arrive at least 10 minutes early at the meeting place, allowing sufficient time for registration, payment of walk fees and walk discussion. Our advertised times are departure times, so do not arrive at that time. Late walkers may be left behind!
2. Seek out the walk leader and register your attendance and your acknowledgement of acceptance of the terms of the clauses heading the registration/declaration form, by writing your name, address and emergency contact phone number on that registration/indemnity form.
3. Walk fees are payable to the leader at the meeting place.

During the Walk

1. Bushwalking is a team/group activity. Stay with the group. **If you need to leave the group for any reason, tell the leader or the “Tail end Charlie” at the rear of the walk.** He/she will ensure that you catch up with the group. A head count will often occur.
2. If you become separated from the group, resist the urge to panic and stay put until help arrives. Blow your whistle.
3. Keep alert. Learn which of the flora/fauna is to be avoided. Learn to use the map and compass effectively to establish where you are and where you are going. It makes the walk safer, more interesting and enjoyable.
4. There are usually no facilities on the walk. Members must carry sufficient food, water and equipment including emergency equipment. Walkers accept that they may get hot and sweaty, tired, aching muscles, dirty, minor scratches, wet, blisters, tick bites and leech bites. The walking environment is controlled by nature, so safety cannot be guaranteed by the club or the leader. Every member has a duty to protect their own safety and the safety of others in the group.
5. As a member of a group activity, your primary concern should be your personal safety and well-being, but you should also accept a reasonable degree of care for the safety and well-being of all other participants. You must avoid doing anything that exposes the club to unreasonable risk of injury or liability.
6. Above all - walk safely and enjoy yourself.

Convoy Procedures

1. All convoys need a leader at the head and a sweep or “tail end Charlie” at the rear of the convoy.
2. The leader has overall control of the convoy. Tail end Charlie is to assist the leader in running the convoy.
3. All participants need to abide by the directions and instructions of the leader and Tail end Charlie.
4. All drivers are responsible for their passengers and must observe road rules at all times.
5. All drivers are responsible for the vehicle BEHIND and need to take note of that vehicle (make, colour). At the same time, take note of the vehicle you are following.
6. Each vehicle must wait at each intersection until the next vehicle can observe the direction of the route. Should a vehicle become separated from the convoy, STOP and WAIT at that location – a vehicle will return for you.
7. Maintain a reasonable separation of vehicle, i.e. room for other vehicles to overtake, but not so far back that the vehicle in front loses track of you in their mirror.
8. When a closed gate is encountered, a person from the vehicle behind the leader will open the gate. The vehicle will pull over, allow the rest of the convoy through, close the gate and take up a position in front of Tail end Charlie. We always leave gates as we find them, and this ensures no confusion as to whether the gate was open or closed.
9. In hilly country or water crossings, allow the vehicle in front to get up or down steep slopes and across creeks before following, then ensure that the vehicle behind has cleared the obstacle before proceeding.
10. Any track damage should be repaired.
11. Any vehicle wishing to leave the convoy, or stop, shall wave through the remaining vehicles and inform Tail end Charlie of their intentions.
12. The club uses channel 20 on the 40 channel UHF radio network. However, radio communication will not be accepted as a substitute for standard convoy procedures.

Backpack Requirements

Developed Area day Pack (eg local beach, town night walks)	Bushwalk Day Pack (eg National Parks, State Forests etc)
<ul style="list-style-type: none"> • First Aid kit • Paper & pencil • Sufficient water – minimum 1 litre • Torch • Raincoat/Poncho 	<ul style="list-style-type: none"> • First Aid kit • Paper & pencil • Sufficient water – minimum 2 litres, 3 litres for long walks • Torch • Raincoat/Poncho • Compass • Whistle • Small Mirror • Sufficient and emergency food supplies

First Aid kit suggestions:

- Waterproof carrying case
- Sunscreen
- Band-aids/plaster/steri-strips/non-adhesive dressings
- Tweezers
- Scissors
- Safety pins
- Triangular bandage, compression bandage, crepe bandages
- Aspirin/Panadol/ibuprofen
- Water treatment tablets/iodine
- Antiseptic cream/wipes (eg Betadine)
- Stingose/antihistamines
- Insect repellent
- Any personal medications
- Electrolyte replacements
- Space blanket

Walk Gradings

Max km/day		Terrain		Fitness	
S	Up to 10 kilometres	1	Graded Track/footpath	a	Unfit beginners
M	10 – 15 kilometres	2	Tracks, steeper sections, open terrain	b	Fit beginners
L	15 – 20 kilometres	3	Off track, minor scrub, creeks/rock hopping, minimal navigation	c	Fitness and/or agility required
X	Over 20 kilometres	4	Scrambling, scunge, think rainforest hard navigation	d	Good fitness and agility a must
		5	Technical rock ability, abseil	e	Strenuous. Experienced, very fit walkers only.

Incidents/Privacy

If an incident occurs on a club activity which involves injury or damage, it should be reported to the leader. The leader will arrange for an Incident Report Form to be completed and sent to the committee.

The Club collects and administers a range of personal information for the purposes of managing membership and safety on walks. The club is committed to protecting the privacy of personal information it collects, holds and administers.

The Club recognises the essential right of individuals to have their information administered in ways which they would reasonably expect – protected on one hand, and made accessible to them on the other.

The Club is bound by laws which impose specific obligations when it comes to handling information. The organisation has adopted the following principles contained as minimum standards in relation to handling personal information. Bundaberg Bushwalking Club will:

- Collect only information which the organisation requires for its primary function;
- Ensure that stakeholders are informed as to why we collect the information and how we administer the information gathered;
- Use and disclose personal information only for our primary functions or a directly related purpose, or for another purpose with the person's consent;
- Store personal information securely, protecting it from unauthorised access; and
- Provide stakeholders with access to their own information, and the right to seek its correction.

The contact information you supply (name, address, phone, email etc) may be available to other members. The Club keeps records of activities including attendees. The Club does not make its membership list available to advertisers.

We may display names and images of members participate in club activities in our newsletter (which is publicly available), on our website and/or social media. However, you may request that your name or image not be used for these purposes.

Discrimination and Harassment Guidelines

The Bundaberg Bushwalking Club does not tolerate discriminatory or harassing behaviour by members or non-members taking part in club activities.

If you believe you are being subjected to behaviour that is discriminatory or harassing, you should:

1. If comfortable, tell the offender that the behaviour is unwelcome and unacceptable and ask that it stop.
2. If you are not comfortable in doing this, or you have and the behaviour continued, talk to the walk leader.
3. You can also put the complaint in writing to the Secretary or other member of the committee.

Special note: because bushwalking is a potentially risky activity, leaders of club trips have the right to exclude members or visitors from participating where there are concerns about the person's capacity to complete the activity safely and harmoniously.



The Bundy Bushwalker

I've been up in Cania
I've wandered thru' Bania
I've camped on Coongarra as well
I've conquered Woowonga
Couldn't climb any longer
And many more things I could tell:
My backpack has oft been too heavy
My legs they have oft felt like lead
But sooner than give up my bushwalk
I think I would rather be dead.

Chorus

I'm a Rambler, I'm a Rambler
From Bundaberg way
I get all my pleasure the bushwalking way
I may have to work hard on Monday
But I am a free man on Sunday!!



[Adapted disgustingly, (and with apologies)
from Ian Mc Coll's song "Manchester Rambler"]