



BOOKING AN ACTIVITY

Activities are listed in the newsletter, and on the club website. 'Short notice' activities are advised by email, and are listed on the club website.

- Bookings into Club activities are preferably made via the Club website, but may also be made by direct contact with the leader at a club meeting, or by direct phone or email.
- Leaders may ask for information about fitness and experience from prospective members and anyone unknown to them before confirming their booking.
- It is recommended that bookings for all activities graded hard, very hard, exploratory + all multiday activities + all activities that have an increased element of risk (abseiling, remote location, water activities, etc) should be made or followed up by phone contact with the Leader.
- If you wish to go on a one-day activity, make a booking at least two days before - but the sooner the better if you want to be assured of a place. In the case of longer trips, indicate your interest at least ten days beforehand. This allows the Leader to complete detailed planning for the activity.
- Bookings for "Normal" activities can be made at any time during or after the Club meeting when a new *Activities Program* is released. Bookings for "Short Notice" activities can be made as soon as they appear in the *Activities Program* listing on the Club website, and/or after the email advising of the activity.
- To join in an activity you must be a paid-up Member, Junior Member or Prospective Member, or a Life Member. Subject to the prior agreement of the leader, exemptions can apply for bona-fide guests (a friend or relative of a Member also attending the activity) or for children in the care of an adult Member.
- Activities are graded to give an indication of the degree of difficulty involved. For more information see the SBC document – *Activity Gradients and Party Sizes*.
- Most activities have a size limit. These limits have been set by the Club, based on National Park restrictions and safety, environmental and 'quality of experience' considerations. Leaders may impose lower limits if they wish.
- Please advise the leader in advance if you have any condition which might affect your ability to safely complete the activity, including:
 - Medical conditions, such as asthma, epilepsy, diabetes, heart condition etc,
 - Physical problems, such as weak knees or ankles, bad back etc, or
 - Other conditions, such as fear of heights or inability to swim.
- The leader is a volunteer, concerned for the group's safety and welfare. He or she has discretion about who joins the party. If you are refused because the leader is uncertain about your ability, please respect the decision. Try something easier first. Prospective Members should focus on easier activities.
- If you have registered for an activity but find you cannot make it, please advise the leader immediately so someone can fill your place.

The SBC document – *Participating in an Activity* provides information about what to do after you have made a booking.