



INDUCTION COURSE AGENDA

INTRODUCTIONS

AGENDA FOR TODAY

- What the Club is all about
- Walks procedures and protocols
- Basic equipment requirements
- Basic bushwalking ethics
- Your interests, skills, capabilities
- An easy walk

THE CLUB

- Formed in 1967 by a group of enthusiastic young people from a local church group
- Some of the founders are still members.
- Key activity - **Bushwalking** +
 - abseiling & canyoning,
 - canoeing / liloing / paddling,
 - cross-country skiing,
 - cycling,
 - rogaining, and
 - social activities.
- Volunteering:
 - Bushcare, Clean-up Australia
 - Assisting NPWS – track hosting, user surveys, etc.
- The club is a non-profit organization.
- Everyone is a volunteer.
- Incorporated under the *Associations Incorporation Act*.
- *Constitution & Bye Laws* on the website
- Objects of the Club - to bring people together for bushwalking and other outdoor activities, and to support bushland conservation.
- Monthly meetings, with AGM in March – trying to make meetings more enjoyable!
- Committee – listed in Newsletter + website – Committee also meets monthly:
 - President,
 - Vice President,
 - Secretary,
 - Treasurer,
 - Membership Secretary
 - Activities Secretary, and
 - Training Officer,
 - Information Technology Officer, and
 - Newsletter Editor.

Other Club office-bearers attend Committee meetings on an as-needs basis. These positions may vary from time to time, but currently include:

- Social Secretary,
- Publicity and Promotions Officer,
- Volunteers Officer/s,
- Equipment Officer,
- Library Officer,
- Archive Officer,
- Catering Officer,
- Bushwalking NSW Representatives,
- Public Officer, and
- Emergency Contact Officers
- Skills Development:
 - Induction & Leader courses,
 - Navigation, First aid, and Abseiling.
- Excellent **website** (& Improving!) – Use it!
- Also on **Facebook** (*Springwood Bushwalking Club*)

Bushwalking NSW

- SBC is one of approx. 70 clubs affiliated with the *Bushwalking NSW* (formerly the NSW Confederation of Bushwalking Clubs).
- *Bushwalking NSW* formed in 1932 after the *Blue Gum Forest* was saved by bushwalkers from *Sydney Bushwalkers Club* and others.
- Represents the clubs on conservation and access issues + promotes the creation of national parks and wilderness areas.
- Provides some skill development, the insurance policies, and *Wilderness Rescue service*.
- Quarterly magazine (“The Bushwalker” - distributed at SBC meetings) + an internet site.
- In turn is affiliated with *Bushwalking Australia*.

Insurance

- *Bushwalking Australia* organises *personal accident* and *public liability* insurance for all affiliated clubs.
- This provides cover for members of who participate in club activities.
- Participants must sign an *Acknowledgement of Risk* – we do this annually, and as part of the *Activity Sign-up*
- Any activity not covered by insurance is indicated on the waiver form. (Rare!)
- Any claims must be notified within a month of the event.

PROCEDURES AND PROTOCOLS REGARDING WALKS

- A typical day
- Discuss **handouts**:
 - *Booking an Activity*
 - *Participating in an Activity*
- Common issues:
 - Participants overestimate or exaggerate their abilities (conversely, some under-rate their abilities)
 - Bringing extra people without first advising the leader
 - Not advising as soon as possible if you decide you can't go

- Participants turning up with a medical issue, without having prior discussion with the leader
- Participants viewing the leader as a commercial tour guide instead of a volunteer
- Participants being unhelpful by charging on ahead, or dawdling
- Over-reliance on other group members for essential equipment (eg first aid supplies - leaders should be reimbursed for any out-of-pocket expenses on your behalf should an accident occur).

BASIC EQUIPMENT REQUIREMENTS

- Circulate **handout** – (also available on website!)

Clothes:

- *Key considerations* - comfort & safety + cost
 - Layers - be prepared for heat & cold, wind, rain, snow
 - Fabrics - fast drying - synthetic or wool - not cotton, especially not denim - consider breathability & warmth
- *Upper body:*
 - Thermal T shirt &/or shirt
 - Warm outer layer (zip front is handy)
 - Waterproof/windproof jacket (Gortex?)
- *Lower body:*
 - Shorts, trousers - zip-offs - skirts
- *Feet:*
 - Socks – 2 layers?
 - Footwear – volleys / light footwear / boots
- *Head:*
 - Sun hat (warm hat?) – not baseball hat!
 - Glasses / sunglasses / neckcord?
- *Hands:*
 - Gloves – thermal - waterproof ? – gardening or riggers gloves
- *Other stuff:*
 - Handkerchief (not tissues)
 - Gaiters

Equipment

- *Key considerations* - weight, durability, functionality
 - Backpack (not too small – 20-40 litres)
 - Seating pad (mouse pad)
 - Walking poles
- *Medical & First Aid:*
 - Sunscreen, lip balm, insect repellent
 - Small personal first aid kit (roller bandage, foil space blanket, non-stick dressing, plaster, Band-Aids, needle for splinters, personal medications, painkillers)
 - Consider cuts & scratches, splinters, sprains & strains, leeches & ticks, snakebite
- *Food & drinks:*
 - Drinking water (usually 1-2 litres)
 - Hot drinks
 - Food for the day and extra snacks

- *Toileting stuff:*
 - Small trowel and toilet paper, snap lock bags (double bag in canyons)
- *Safety stuff:*
 - Small torch
 - Map & compass
 - EPIRB &/or mobile phone
 - Whistle / Notebook and pen / Pocket knife
- *Other stuff:*
 - Altimeter / barometer / GPS / Camera
- Discuss suppliers, club gear for loan, abseiling gear

BUSHWALKING ETHICS AND MINIMAL IMPACT WALKING

- Discuss *Bushwalkers Code of Ethics*.
- Discuss **handout** – (see others on website)
- **Emphasise:**
 - Correct toileting - find a spot as far as practicable (at least 50m) away from any watercourse and dig a hole 150mm deep – the optimum depth for safe bacteriological decomposition. Bury all waste, including toilet paper. Consider taking out used toilet paper. Discuss women's issues!
 - Avoid going to the toilet in canyon environments.
 - Stick to the track, if there is one. No shortcuts, or deviations around boggy bits!
 - Avoid damage to vegetation. No 'twigging' of shrubs beside the track.
 - Carry out all rubbish (including apple cores, orange peel, etc)
 - Use stoves or thermoses on day walks.
 - Cooking fires often used on overnight walks. Keep fires to a sensible size.
 - No rings of stones
 - No fires in canyons or other rain forest environments
 - Don't burn plastic or foil in a fire.
 - Don't feed the wildlife.
 - Respect aboriginal sites.
 - No iPods or Mp3 players, or other electronic entertainment.
 - Mobile phones only for emergencies or after the walk.

THE QUIZ

INTERESTS AND SKILLS OF NEW MEMBERS

- Have new members had experience leading walks, first aid training, etc.?
- Interest in learning new skills – eg overnight walks, abseiling, first aid, navigation?

THE WALK