



INFORMATION FOR MEMBERS

The Springwood Bushwalking Club (SBC) brings people together to enjoy the bush through activities such as bushwalking, canyoning, cross-country skiing, canoeing and cycling - in other words, person-powered recreation in the bush. The Club also strongly supports conservation of the bush. The Club's Activities Program has everything from easy one-day bushwalks suitable for just about everyone, to multi-day wilderness trips for the highly experienced.

The Club was formed on 19th April 1967, and is incorporated under the *Associations Incorporation Act*. All its office-bearers and walk leaders are volunteers.

The SBC is one of about 70 clubs affiliated with *Bushwalking NSW*, an organisation formed in 1932. *Bushwalking NSW* promotes the interests of bushwalking clubs (including the organisation of insurance), and promotes bush land conservation through the creation of national parks and wilderness areas. For more information see www.bushwalking.org.au

Through *Bushwalking NSW*, the SBC is a member of *Bushwalking Australia*. This National body was formed in 2003 to representing the interests of bushwalkers and other recreational walkers in the many issues affecting which extend beyond the boundaries of any one State or that require some level of national coordination or support. *Bushwalking Australia* organises the insurance policies used by the SBC. For more information see www.bushwalkingaustralia.org

Membership

To join in walks and other activities you must be a paid-up Member, paid-up Junior Member, paid-up Prospective Member, or a Life Member.

Exemptions apply if you are a bona-fide guest (that is, a friend or relative of a Member also attending the walk) or if you are a child in the care of an adult Member - but you can use these exemptions only three times a year.

To become a Member you must first become a Prospective Member.

Annual membership fees fall due at the end of June. If fees are not paid within six weeks of the due date, a person's membership lapses and he or she cannot participate in a walk until renewal.

Junior Membership

People under 18 can become Junior Members, however they must be in the care of an adult while on a walk. Junior Membership is obtained by completing an application form and paying the requisite fee without having to go through the Prospective Member process.

Upon turning 18 a former Junior Member is required to go through the Prospective Member process before acquiring full adult membership. The prospective member process for junior members can be completed earlier at the discretion of the committee.

Prospective Membership

Prospective Members are people who are new to the Club. They may be highly experienced walkers, or complete novices. The process that they have to undergo (Induction Course and three walks) is a familiarising and socialising one, rather than a comprehensive training program or proficiency test. The aim is to efficiently integrate the newcomer to the Club.

For more information see the SBC document – *Information for Prospective Members*

Life Membership

Life Membership is an honour awarded from time to time to people who have made long term and outstanding contributions to the Club. Life members do not pay annual membership fees, however have the same rights as full members.

Insurance

All members of the *Springwood Bushwalking Club* (including Prospective Members, Junior Members and Life Members) on recognised Club activities are covered by insurance policies through SBC's affiliation with *Bushwalking NSW* and *Bushwalking Australia*.

There are three forms of insurance cover:

- Personal Accident,
- Public Liability, and
- Associations Liability.

To ensure that SBC members are covered by the *Personal Accident* and *Public Liability* Insurance policies, they must sign:

- an *Acknowledgement of Risk* at least once each year – (this is incorporated into the SBC's *Prospective Members Application* form, and annual *Member Renewal* form), and
- an *Acknowledgement of Risk* before participating in a Club activity – (this is incorporated into the SBC's *Activity Sign-Up* form)

Parents of Junior Members must sign the annual *Acknowledgement of Risk* on their behalf.

For more information see the SBC document – *Insurance*

Member's Responsibilities

Springwood Bushwalking Club is a club, not a guiding company. While every activity has a designated leader, he or she is a volunteer.

It is also important to understand that bushwalking and other outdoor activities involve some inherent risk. With these things in mind, the Club has certain expectations of everyone participating in its activities.

In particular, each participant must:

- Accept that bushwalking and related activities involve an element of risk - associated (for example) with rough or slippery ground; steep slopes or cliffs; weather extremes; falling trees or rocks; stinging, scratching or lacerating plants; insects and snakes; muscular or joint injuries; unexpected delays, and so on.
- Endeavour to be a sharing and communicative member of the walking party.
- Support the walk leader by being co-operative and helpful.
- Observe simple bushwalking ethics.
- Equip themselves with clothing, equipment, food and water appropriate for the walk.
- Avoid becoming a burden by going on a walk for which he or she is unfit
- Advise the leader in advance if they have a medical or physical condition that could affect performance.

Membership Benefits

The benefits attached to the various types of membership are set out in the following table:

	Junior Member	Prospective Member	Member
Receives the Club's Activities Program		X	X
Is normally covered by public liability and accident insurance while on Club activities	X	X	X
Can attend any walk or activity (subject to party size limits, fitness, skills, equipment and leader's agreement)	X*	X*	X
May bring a visitor or child on a walk (subject to the agreement of the leader and the limitation that the visitor or child can only come along tree times a year)			X
Can lead walks (subject to the approval of the Committee)	X		X
Has the right to renew membership annually (unless subject to disciplinary action by the Committee)			X
Has voting rights at general, special, and annual general meetings			X
Can stand for membership of the Club Committee.			X
Can be appointed by the Club as a delegate to Bushwalking NSW.			X

* Prospective Members and Junior Members and Junior Members must sometimes be excluded from a walk due to the requirement that 50% of the party must be full Members. Junior Members must be accompanied by a responsible adult.

Club Meetings

Meetings are normally held at 7.30pm on the first Monday of each month (except January) at the Springwood Presbyterian Church Community Hall, Macquarie Road, Springwood (walk down the drive alongside the old stone church in the middle of town). The meeting is relatively informal, and includes supper and sometimes a talk or slide presentation. To help with recycling, please bring your own cup!

Activities

It should be noted that for the purposes of Club rules, the term 'activity' is used to refer to 'bushwalks' and all other outdoor activities held by the club.

The *Activities Program* is compiled by the *Activities Secretary* based proposals from leaders. The program is vetted by the Club Committee and is published in the *Newsletter* by the *Editor* every two months. It can also be seen on the club website.

Each Activities Program spans almost three months, so there is an overlap between each program.

Some activities are organised at short notice, and are simply announced at a Club meeting, advised by email, and/or added to the electronic version of the Activities Program on the club website (with the knowledge and consent of committee members).

An activity that has not been properly advertised and notified does not constitute a Club activity, even though the participants may all be Club members. This has insurance implications for the participants.

All activities are graded and generally have a party size limit. For more information see the SBC document – *Activity Gratings and Party Sizes*

Booking an Activity

If you wish to go on a one-day activity, make a booking on the club website at least two days before - but the sooner the better if you want to be assured of a place. In the case of multi-day activities, indicate your interest at least ten days beforehand.

If you are unsure whether an activity is suitable for you, email or phone the leader.

Please advise the leader in advance if you have any medical condition (eg: asthma, epilepsy, diabetes, heart condition etc), physical problem (eg: weak knees or ankles, bad back etc) or other condition that may affect your ability to safely complete the walk (eg: fear of heights or inability to swim).

For more information see the SBC document – *Booking an Activity*

Participating in an Activity

The full enjoyment of a Club activity always involves some pre-preparation, and knowledge of Club procedures before, during and after the activity.

For more information see the SBC document – *Participating in an Activity*

Clothing and Equipment

You should always take clothing appropriate to the worst conceivable weather extremes for the activity. You should also always carry a first aid kit, a small trowel and toilet paper, and safety equipment including a whistle.

Some activities (such as abseiling, canyoning and paddling) require specialised equipment. The leader will provide advice about the equipment requirements.

The club has some equipment that can be borrowed. Details are on the Club website.

For more information see the SBC document – *Clothing & Equipment*

Food & Water

Have a good breakfast and carry plenty of lunch and snack food. Take extra snacks for emergency. Carbohydrates provide the readiest energy source, and are found in fruit, biscuits, bread, grains, pasta, potatoes and glucose sweets.

Take plenty of drinking water. Unless you are out in the wilderness, creek water may not be safe to drink unless treated. Depending on the weather, daily requirements for bushwalking range from about 2 litres to about 5 litres. Extreme heat (over 35 degrees) requires much more.

Other points on drinking water:

- Drink often - if you feel thirsty you are already deficient.
- Soft drinks and sports drinks may help with your electrolyte balance and energy, but should not be consumed exclusively - you need plenty of plain water too.
- In the cold, one can sometimes be water-deficient and not realise it. This can be a contributing factor to hypothermia, as water is needed to convert food into energy.
- Avoid over-use of tea and coffee, as they are diuretics and effectively waste water.

Transport

Car pooling is encouraged. If travelling by car, petrol costs should be shared amongst the passengers.

If you are a driver, don't be afraid to remind your passengers about payment, and please don't waive charges - it sets unfortunate precedents for others.

Emergency Procedure

Tell someone at home where you're going, and when you expect to return. Advise them to contact one of the Club's *Emergency Contact Officers* if you are overdue. Their phone numbers are listed on the Club website (see *Emergency Info*) and on the back page of the Club newsletter. If an emergency situation is suspected, the police must be contacted. They will organise a search.

It should be understood that there are all sorts of reasons why parties may be overdue by a few hours; it is very rare for parties under competent leadership to get into serious difficulties.

For more information see the SBC document – *Emergencies*

Becoming a Leader

Being a leader carries some important responsibilities, but it also has its rewards, not the least of which is that you can do the activities you want to do! If you have not led an activity for the Club, but feel you are competent to do so, please contact the Activities Secretary. He or she will discuss the sorts of walks you might like to lead, and the possibility of having a 'mentor' along on your first trip. If you are confident about your skills, simply place a walk on the program via the Club website.

For more information see the SBC document - *Information for Leaders* - which you should study before committing yourself.

Ethical Matters

In keeping with the conservation objectives of the Club, we should all adopt ethical practices to do with the conservation of flora, fauna, rock formations, water quality and archaeological sites. We should also behave with regard for the quality of experience of other people and groups.

Appropriate practices are detailed in the *Bushwalker's Code of Ethics* which is available on the *Bushwalking NSW* website.

For more information see the following SBC documents:

- *Responsible Bushwalking*
- *Responsible Cycling*
- *Responsible Camping*
- *Responsible Abseiling*
- *Responsible Canyoning*

Volunteering

The Club encourages members to participate as volunteers with the NPWS, BMCC, Clean-up Australia etc in such activities as:

- Bushcare
- Track hosting
- User surveys

These activities are regularly included in the Activities Program.

Training

The club encourages all its members to become skilled in the various aspects of bushwalking and other activities in which they are interested. You should aim to become self-reliant, so you are not depending on the leaders' skills all the time. And if you are not already a leader, you might aim to become one. Perhaps the best way to train is to do lots of activities. But all of us should look to ways of brushing up our skills. For instance, you might try borrowing books from the Club library, including:

- Brown, Ian, *Paddy Pallin's Bushwalking and Camping*, Paddy Pallin, 1996.
- Victorian Bushwalking and Mountaineering Training Advisory Board, *Bushwalking and Mountaineering Leadership*, Sport and Recreation Victoria, 1994.
- Phillips, R., et al, *Rogaining - Cross Country Navigation*, International Rogaining Association, 2000.

There is a list of books owned by the Club on the SBC website.

You are also encouraged to undertake practical training in the following areas, depending on the sorts of trips you are going on:

- Navigation
- Abseiling
- First Aid
- Remote Area First Aid
- Search & Rescue

The Club runs or organises training courses from time to time that are advertised in the Activities Program. Courses are also organised through *Bushwalking NSW*. These are advertised in their magazine *The Bushwalker*.

Subsidies may be provided by the Club for courses run by external organisations.

Participation in rogaines is encouraged as an excellent way to hone navigation skills - participation in the annual Wilderness Rescue Rogaine is subsidised by the Club.