



PARTICIPATING IN AN ACTIVITY

Preparing for the Activity

- Ensure you are suitably fit and 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 activity, and are essential for off-track activities.
- There are equipment lists on the SBC website. If in doubt, or you are joining an unfamiliar activity, discuss equipment requirements with the leader.
- The Club has some equipment which Members and Prospective Members can borrow free of charge.
- The Club does not own abseiling equipment. Ropes and tapes used for abseiling are provided by participants and/or the leader. It is expected that participants pay the rope owner a donation towards depreciation / damage.
- For activities involving abseiling you must have a harness, karabiner and descender, and you must wear a helmet. If you are inexperienced, do not purchase abseiling gear without seeking advice from someone with experience. Some leaders may have gear they can lend you on your first abseiling activity.
- For some canyon trips you will require a lilo and/or wetsuit, and waterproof pack-liner.
- Carry plenty of lunch and snack food. Take extra snacks for emergencies.
- Carry sufficient water for the conditions of the activity - generally a minimum of one litre, or two litres or more in hotter conditions. Heat (over 30°) requires much more! Drink early and often!
- It is important to understand that all activities involve some inherent risk associated 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.
- Advise a family member or friend where you are going, and who and when to phone if you are overdue. Emergency procedures are outlined in the Newsletter and on the Club website.

All members participating in any SBC activity which is not a social activity are required, where practical, to leave the details of the activity with a “responsible adult” – a reliable person not participating in the activity. The details should include the following items:

- The description of the activity and its location (as per the program)
- Name and contact details of the leader (as per the program)
- Any special or safety equipment the party will be carrying (eg PLB – compulsory for higher risk activities)
- Indication of the time when activity should have been safely completed
- Indication of when a “call-out” should occur. Usually this is the next morning for day walks and at least 24 hours after the expected contact time.
- Details of the SBC *Emergency Contact Officers* (listed on the Club website and on the back page of the newsletter) with instructions for the “responsible adult” to contact an *Emergency Contact Officer* if the group have not returned on time.

This information may be provided to you in the confirmation email from the activity leader.

During the Activity

- Ensure that you arrive at the starting point before time, and that you complete the *Activity Sign-Up* form after reading the *Risk Acknowledgement of Risk* and noting any special risk warnings.
- Make sure that the leader has your mobile number, and that you have the Leader's mobile number so that you can make contact in the event of an unexpected delay.
- Follow the leader's instructions. Remember your leader has your welfare at heart.
- Endeavour to be a courteous, co-operative, communicative and helpful member of the walking party.
- On a walk it is your responsibility to allow sufficient distance between yourself and the person in front so that you are not injured by branches flicking back.
- Don't get ahead of the leader, or fall behind the person appointed 'tail' for any reason without advising the 'tail'.
- Always wait at junctions.
- 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, especially when off-track and/or in scrub.
- Generally you should not leave an activity early. If it is necessary, you must advise the leader, and you must accept a leader's decision to send someone with you to accompany you out. If possible, advise the leader (by note, SMS, or phone) that you have returned safely.
- Car pooling is recommended. Passengers should reimburse the fuel costs when travelling in another member's vehicle.

At the end of the Activity

- Do not leave until everyone has completed the activity - ensure that the leader knows that you have finished.
- Pay a contribution to the driver if you have been a passenger in a car pool.
- If you have been abseiling, pay the leader a rope fee.
- It may be a good idea to do some stretching exercises to help minimize aches and pains the following day.
- Remember to thank the leader.

After a Walk

- Clean (scrub) the soles of your shoes or boots in a laundry tub or over a sewer grate to help minimize the spread of phytophthora and other soil-borne diseases.

More Information

For more information see the following SBC Documents:

- *Responsible Bushwalking*
- *Responsible Canyoning*
- *Responsible Abseiling*
- *Responsible Cycling*
- *Responsible Camping*
- *Clothing and Equipment*