SUNSHINE COAST BUSHWALKING CLUB
Est 1975

SUNSHINE COAST BUSHWALKING CLUB - INFORMATION FORM

We are a bushwalking club that has a membership of active bushwalkers from all walks of life who have a love of the outdoors.

OUR CLUB OBJECTIVES

- *To encourage bushwalking as a means of recreation and to provide facilities for bushwalking and other allied activities*
- *To promote regard for the welfare and conservation of the natural environment*
- *To promote social activities among members of the club and of kindred spirits*

Prior to applying for Club Membership, Prospective members need to successfully complete three Prospective Member Activities. The first of these must be the Induction Activity.

The Induction will be under the supervision of two experienced Activity Leaders.

The designated Induction activity is Emu Mountain which is a moderately easy walk. **Activity Grade is *SDW2A.** Full details of the activity will be provided by the designated Activity Leader to allow any questions or concerns regarding the activity to be addressed.

You will need to download, print and complete the Prospective Member Activity Record to record details of each of your three activities. This form can be found on the club website on the bottom of the Activities Tab page. **Remember to take the Record to each activity so that the Activity Leader can sign off on the activity**.

Social events and Track Maintenance do not count towards your three activities and you can only include one of the short midweek walks.

INDUCTION DAY

You will need to be at the meeting place 10 minutes prior to departure to enable the activity leader to discuss the days hike

If you are unable to attend the activity, please advise the activity leader as soon as possible. We depart at the specified time, so notification of a cancellation is necessary well before then.

A fee of $5.00 is required on the day. This is for your insurance cover.

Ensure you have a comfortable back pack.

It is **ESSENTIAL** that sufficient water is brought for the activity - minimum of 2 litres.

A small personal First Aid kit is necessary as well as any personal medication. If there is a health or injury issue, please advise the activity leader prior to the commencement of the activity or discuss this prior to registering for the activity. In case of an emergency it is essential for the leader to know details and location of medication and an emergency contact. Wear clothing suitable for the activity, wear enclosed footwear and bring a hat/sunscreen.

Bring morning tea, preferred snacks etc

This information has been provided to ensure both your safety and personal responsibilities are understood in order to enable an enjoyable outing with our club.

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***WALK GRADE SDW2A**

S = SHORT - UNDER 10KM PER DAY

DW = DAY WALK

TERRAIN

2 = Graded track, with obstacles such as rock or root intrusions, fallen debris creek crossings.

FITNESS/ENDURANCE

A = BASIC - Generally suitable for new bushwalkers. About four hours of walking and possibly minor hills. Slower pace with frequent breaks.

ACKNOWLEDGEMENT OF RISKS AND OBLIGATIONS OF MEMBERS

This acknowledgement of risks applies to all club activities I may undertake as a member or **Prospective Member** of the Sunshine Coast Bushwalking Club (*The Club*). In participating in activities of the Club which are described to me by the activity leaders. I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness, or death or to loss of or damage to my property. I also acknowledge that I may encounter weather conditions that could lead to hypothermia and being in locations where evacuation for medical treatment may take hours or days.

In particular, when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks described to me by the activity leader.

To minimise risks I will endeavour to ensure that:

1. Each activity is within my capabilities
2. I am carrying food, water, medication and equipment for the activity
3. I will advise the activity leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity.
4. I will make every effort to remain with the rest of the party during the activity.
5. I will advise the leader of any concerns I am having and
6. I will comply with all reasonable instructions of club officers and the activity leader.

I have read and understand the above requirements.

I have considered the risks before choosing to accept this acknowledgement of risk.

I still wish to join the activities of the Club. I acknowledge that I will take responsibility for my own actions.