

# The Mountain Devils

Bushwalking and Social Club Inc.

**INFORMATION FOR MEMBERS**

**January 2011**

# **The Mountain Devils Bushwalking and Social Club Inc. Bushwalking Rules**

## **INFORMATION FOR MEMBERS**

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## The Mountain Devils Bushwalking Club - Information for Members

### 1.0 ABOUT OUR CLUB

#### **The Mountain Devils Bushwalking and Social Club Inc.**

Our membership comprises men and women whose ages, levels of fitness and bushwalking experience are as varied as their nationalities, occupations and other general interests.

Our program is published four times each year and contains a good balance of activities including: a variety of walks, camping weekends, and socials events.

We welcome new members who wish to share our main objective, that is, “walk for fun and fitness, make new friends and gain a greater appreciation of our natural environment.”

### 2.0 MEMBERSHIP

Membership to the club is open to all persons 18 years and over. You do not have to be enrolled in or have completed a course to join. Prospective members are encouraged to participate in two walks before deciding to apply for membership. The Executive Committee of the Club must approve all applications for membership

The club's financial year is 1st July to 30th June. **New Members** joining during June, and who enclose the appropriate annual fee with their membership application will be automatically registered for the following year.

**New Members** joining after 30<sup>th</sup> November will be liable for one half of the relevant fee.

**Membership Renewal Fees** are due on 1st July each year and should be paid by the end of August each year.

**Membership Fees** are reviewed each year by the committee and are indicated on the current Membership Renewal Form.

**Note: There is no additional “joining” fee. Your membership fees cover:**

- All club activities unless an additional fee is indicated in the program.
- Public Liability, Personal Accident and Club Committee and Walk Leaders' (Directors) Insurance.
- The club is affiliated with the *Confederation of Bushwalking Clubs of NSW* and is entitled to be represented by two of our members at all its meetings.

The Confederation has the following objectives:

- The preservation of national parks, wilderness areas and heritage listings;
- The maintenance of the volunteer Search & Rescue unit; and
- The unification of all persons and organisations interested in recreational bushwalking, camping, and other related activities.

For more information about the Confederation please contact our club's representative or visit their web site at: [www.bushwalking.org.au](http://www.bushwalking.org.au).

### 3.0 LEADING CLUB WALKS

We are always looking for additional bushwalking leaders. New walks are especially welcome. Please do not hesitate to volunteer to lead a walk, even if it has been in a previous program. You should familiarise yourself with any walk you propose to lead. **If you have not led** a walk previously, please don't hesitate to contact any of our walk leaders and **ask for assistance**.

If you wish to have a walk included in the next program, please contact the Walks Coordinator. You will then be invited to the appropriate *Walk Leaders' Meeting* to check the details of your walk.

**Walk Leaders** should:

- set maximum or minimum limits on the number of participants where applicable.
- discuss experience, fitness levels and/or equipment requirements where applicable.
- advise walk participants of starting time and meeting place for the beginning of a walk.

### 4.0 PARTICIPATION IN WALKS AND OTHER ACTIVITIES

On viewing our program, please read it right through as soon as possible. Check for limits on walks, requests for expressions of interest, the need to confirm a booking, etc. Where a limit is indicated a "**first in - first served**" policy is always adopted, however, a leader may have a reserve list if necessary.

Please be at the walk meeting place at least **5 minutes before the starting time** so that you can "sign on" and be advised of any special instructions, possible hazards or difficulties that may be encountered. Leaders may **not delay the start** of a walk for more than a couple of minutes for latecomers, even if they have registered.

#### **Registration for Walks**

All walks require registration; contact the leader **at least four days** before the advertised date of the walk. If you find that you are unable to attend, please advise the leader immediately. The starting time and meeting place for walks can only be obtained from the walk leader.

#### **Inviting Children\*, Visitors and Other Members**

You must always **obtain the leader's permission** before inviting friends and relatives on a walk. **Remember, leaders have the right to refuse permission** for any person to participate in a club walk on the grounds of lack of necessary equipment, fitness and/or experience.

**Car camps** and **Social events** are designed for club members. Visitors, except for partners of members, are not permitted at these activities.

*\*Children, under 18 years of age, are not entitled to join or walk with the Mountain Devils Bushwalking Club Inc. However, members' children may attend appropriate, designated Social Events.*

## **Transport**

For some walks, public transport may be used to arrive at the starting point. On most occasions car pooling is used. **Note**, in the interests of fair play the cost of petrol, parking fees, and/or entry fees should be shared, in accordance with the current club policy.

## **5.0 WALK GRADING SYSTEM**

The following information must be taken as a guide only as it cannot take into account all factors. This system has been devised by fit experienced bushwalkers so those new to bushwalking may find even the lower grade walks a little difficult at first.

The following guidelines have been developed by the Mountain Devils as a guide for participants in club walks and for walk leaders to use when assessing the difficulty of a walk. These are the guidelines that are applied for all walks undertaken by the Mountain Devils.

Walks are graded using two criteria:

- **Approximate Distance**
  - A - Up to 5kms
  - B - 5 to 10km
  - C - 10 to 15km
  - D - 15 to 20kms
  - E - >20kms
- **Terrain**
  - 1 - Graded track, some incline
  - 2 - Graded track, hills and creek crossing
  - 3 - Rough track, steep sections, and creek crossings
  - 4 - Off-track, moderate terrain
  - 5 - Off-track, difficult terrain
  - 6 - Rock scrambling, exposure to heights

## **Walking Pace**

You are requested to adhere to the leader's pace, that is, not race ahead. If struggling to keep up you

should advise the leader.

Descriptions of some walks in our program may differ from the information above. If you are at all uncertain about the experience and fitness required to complete a walk at the required pace, please phone the leader.

Bushwalking is quite different from street or beach walking so if you have little or no bushwalking experience, we suggest you start with easier walks, then as your fitness and confidence develop, progress to the higher grades.

## 6.0 ESSENTIAL BUSHWALKING EQUIPMENT

When bushwalking, you must be prepared to operate independently by equipping yourself as follows:

### Day Walks (even short ones)

- Bush hat or other suitable headgear
- Enclosed footwear, preferably boots with ankle support and good grip (definitely no thongs / sandals) and a backpack containing -

Water (at least two litres, more in hot weather)

Food (including emergency high-energy food e.g. muesli bars)

Whistle (to attract attention)

Warm jumper (preferably wool or thermal)

Waterproof rain jacket

Sun screen

Insect repellent

Gardening gloves (for scrambling)

Matches (in waterproof container)

Torch

Toilet paper (for the obvious but also as fire starters or leaving a trail)

First Aid Kit containing: bandaids, antiseptic, insect repellent, crepe and triangular bandages, personal medication, painkillers

Pocket knife

Remember, the leader has the right to refuse permission for any person to join in a club walk on the grounds of lack of essential equipment. The leader should also carry a map, compass and a rope if required.

## 7.0 SAFE BUSHWALKING PRACTICES FOR LEADERS AND PARTICIPANTS

The club is guided by the directives of the *Confederation of Bushwalking Clubs NSW Inc.* Please refer to their document entitled, “*Walk Leaders Guidelines.*” The Confederation considers these to be a minimum requirement. The web address for these documents is : [www.bushwalking.org.au](http://www.bushwalking.org.au) and click on the following:

- Publications and FAQ
- Confederation Policy documents
- Scroll down to Risk and Insurance and click on “here”

These documents are available on our website, but may also be accessed at:  
<http://www.bushwalking.org.au/RiskChild.doc>

### **Search and Rescue Procedure**

In the case where a group does not return at the appropriate time and the leader has made no contact with any club official, the appropriate emergency services will be advised.

### **Search and Rescue and Remote First Aid Training Days**

The club encourages all members to register for these events, which are conducted by the Club or Confederation.

## **8.0 ADDITIONAL INFORMATION, FORMS, ETC.**

A copy of the following material is usually available to members from the club’s library or as indicated:

### **Club Constitution**

All members must abide by the Club Constitution. All members and prospective members are encouraged to familiarize themselves with the constitution and the club rules

### **Walk Attendance/Waiver Form**

Is available on the website for each leader of a walk in the current program.

**Walk Leaders** should ensure:

- attendance forms are completed before starting out on a walk.
- the Membership Officer is advised of any visitors, names and phone numbers, as early as is possible after the conclusion of the walk by phone or email.
- hand the attendance form to the Membership Officer by, or at, the next ordinary meeting.

### **Application for Membership Form / Changes to Details Form**

Available from the website .

### **Accident Report Form**

All accidents and injuries should be reported. The completion of this form will assist in processing

an insurance claim. Forms are available from the website.

**We trust this information has been of help to you**

If you have any questions or require more information regarding any aspect of the Club's operations, please contact a committee member listed in your program.

**Our club welcomes any suggestion you may have to improve this document.**