

The South Coast Bush Walking Club Inc.

PO Box 102, Wollongong. NSW. 2520
www.bushwalking.org.au/~southcoast



General Information

Introduction

The South Coast Bushwalking Club Inc. provides the opportunity for participation in medium to hard bushwalks and other related outdoor activities and is open to people 18 years and over. Initially, prospective membership must be applied for and full active membership is obtained with the successful completion of two introductory walks. These walks should be completed within twelve months of the application date. Introductory walks are the only activities that prospective members may participate in unless you can provide evidence that you are already an experienced bushwalker. Your inclusion in an activity is always at the discretion of the leader.

What You can Expect from the Club:

- a programme of off-track and some track walks of grade 4 and over and other related activities
- membership of the Confederation of Bushwalkers NSW
- cover by the Confederation's Sports Insurance policy
- the use of risk management procedures developed by the Confederation of Bushwalkers NSW
- opportunities to acquire First Aid Certificates and navigation skills
- membership of a group committed to protecting the environment
- to meet people from 18 to 65+ from many walks of life with a common interest in the outdoors.

What the Club Expects of You:

- regular participation in the Club's activities
- safe walking using the Walker Guidelines attached
- taking up the opportunities to acquire First Aid Certificates and navigation skills
- willingness to suggest new walks and/or lead walks
- support the Club in protecting the environment

Booking in for a Walk

To participate in an activity you should contact the leader at least one week in advance as sometimes a limit will be placed on walks and the leader may wish to discuss your suitability for the walk and arrangements for transport etc.

Essential Equipment

The following equipment must be carried on every activity regardless of its location and current weather conditions. These essentials are needed as you could become injured and need to be kept warm until help arrives, your party may have to walk out in the dark or your group may run into unexpected difficulties and you may have to stay out overnight.

The following equipment is vital for a safe walk:

- enough food and water for the entire trip plus extra for emergencies
- first aid kit
- rain wear, warm jumper, suitable footwear and hat
- torch, whistle and matches in waterproof container
- space blanket and/or survival bag

Failure to be self-sufficient creates a problem for your group. Please do not expect others to part with their equipment because you have decided to leave yours at home.

Safe Walking and Risk Management

Leaders must leave an Activity Notification Form for Leader that includes details of the activity, participants and estimated time of return with a responsible person and lodge it electronically by email to scbw.secretary@gmail.com. The contact person will be advised of the group's safe return.

When you join the Club you will be sent a copy of the Emergency Contact List of the Committee members who in the event of you being overdue from a walk can be contacted by your family or friends. The Committee member will then alert the Police if the group has not returned by noon the following day.

Grading of Walks

Grading information should assist you in deciding if the walk is suitable for your level of fitness and experience. However grading is subjective and must only be taken as a guide. Always ask the leader for advice. Please do not attempt a higher grade activity until you have done several lower grade activities. As we are not often close to vehicles or immediate outside help the safety of the whole group is our main concern. Participants must be able to keep up with the group. If you experience difficulties doing a grade 4 activity perhaps the SCBW is not the club for you.

Medium Difficulty

Grade 4 – Distances up to 25km on tracks or shorter distances involving some off-track walking e.g. along creeks, on trackless open bushland and with possible short ascents/descents. These walks are suitable for persons with a reasonable level of fitness and agility.

Grade 5 – These are similar to Grade 4 but including rougher terrain. Grade 5 walks may involve rock scrambling/hopping and longer ascents/descents. Such walks are for fit persons with some bushwalking experience.

Hard Walks

Grade 6 – Distances up to 30km. The terrain may present difficulties such as thick scrub, long steep gradients, rock scrambling, rock hopping and river crossings. These walks may involve exploratory sections. Grade 6 walks are suitable for fit walkers with reasonable bushwalking experience.

Grade 7 – These are strenuous walks involving longer distances over rugged terrain. They are likely to include exploratory sections, extensive bush bashing, negotiation of unknown creeks and long steep gradients. Climbing skills may be required. Grade 7 walks are for very fit experienced bushwalkers only.

Overnight walks – Require more fitness and experience than a day walk and members should have attempted day walks of a higher grade before an overnight walk. All equipment must be contained inside your pack.

Prospective Membership

To join the SCBW, please download the Membership Application and Risk Waiver Forms from our website at www.bushwalking.org.au/~southcoast. Then either send the completed forms to the postal address shown on the form or scan and send by email to scbw.secretary@gmail.com

The payment to join SCBW is \$30 to cover insurance with Confederation of Bushwalking Clubs. The money can be sent as a cheque or money order to the postal address or be paid by direct debit (details are on the membership application form). A current Introductory Walks program will then be emailed to you.

For membership enquiries and further information contact the secretary (scbw.secretary@gmail.com).