

# The South Coast Bush Walking Club Inc.

PO Box 102, Wollongong East. NSW. 2520  
[www.bushwalking.org.au/~southcoast](http://www.bushwalking.org.au/~southcoast)



## Participants Guidelines for Non-Bushwalking Activities

### Prior to Activity

1. Ensure that you are fit enough for the degree of difficulty of the trip. If in doubt discuss with the leader well prior to the trip.
2. Ensure your equipment is properly maintained and can handle the trip.
3. Ensure that you have a repair kit and can use it if necessary
4. Arrive at starting point on time.
5. Carry sufficient water for conditions of trip, generally a minimum of one litre, or two litres or more in hotter conditions.
6. Ensure you are suitably equipped including first aid kit, sunscreen, hat, food, rain gear, whistle, torch and appropriate clothing and equipment. The clothing should include protective head gear, warm and visible clothing.
7. Ensure that you bring dry clothes.
8. Ensure you complete the sign on sheet after reading the Risk Waiver and noted any risk warnings.
9. Consider whether any medical condition you may have could be worsened by the proposed activity.

### During the Trip

1. Follow the leader's instructions. Remember your leader has your welfare at heart. Be courteous, co-operative and helpful to other participants in the group.
2. Generally you should not leave the trip early unless pre-arranged, but if it is necessary you must advise the leader and if requested, sign off on the activity sign on sheet. You must accept a leader's decision to send someone with you to accompany you out.
3. 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.
4. Car pooling is recommended. Contribute to car costs if you are a passenger in another member's vehicle.
5. Do not leave the water or fall behind the person appointed 'tail' for any reason without advising the 'tail'.

### At the End of the Trip

1. Ensure the leader is aware you have made it to the end.
2. Thank the leader for organising the trip.