

GUIDELINES FOR PARTICIPANTS

Risks and Responsibility

The safety of the group is the responsibility of each individual. Be aware of others, especially in difficult situations.

Everyone has equal rights and responsibilities but not necessarily equal skill and experience. All participants have the primary responsibility for their own well being in each activity. In addition, all participants must be prepared to share responsibility for the safety of any Club activity in which they participate. This includes helping others in an emergency.

The very nature of the outdoor activities attracts some risk of accidents that may lead to injury, illness or death or to the loss of or damage to property. Trip Coordinators are not professionally trained; each activity is a peer group activity with the Trip Coordinator providing limited direction and oversight. Hence all participants must satisfy themselves as to whether they can do the activity safely. This is best done by talking with the Trip Coordinator and understanding the Club's walk, bike and kayak gradings system. The Club endeavours to minimize risk by asking participants to behave responsibly towards themselves and others and to follow safety rules.

On the activity

Participants who do not co-operate with the co-coordinator and other members of the party may be refused participation in other Club trips.

During the activity you need to keep with the group. Stay in visual contact with the people immediately in front of you. If you lose contact, call out to those in front to stop and wait for those behind to catch up. You should not go ahead of the group without the consent of the coordinator. You must tell the coordinator if you are not comfortable with the pace of the trip, if you become affected by heat, cold, illness or an injury, or if you have any other concerns.

The coordinator will stop from time to time to allow people to rest, go to the toilet and drink, with longer breaks for morning tea and lunch. If you need to make an unscheduled stop, you must let the leader or "back marker" know.

After your first activity you will better understand your own fitness and that of others and the style of your coordinator, all of which will help make the choice of your next walk easier. Some of the other people on the walk will probably recommend forthcoming trips to you! If you enjoyed the activity, tell the coordinator

Minimal impact bushwalking

There are so many more people using wilderness areas today and our knowledge of human impact on the environment has increased, so we need to protect the wilderness that provides us with so much pleasure.

The club has a Minimal Impact Policy which is stored in the Controlled Documents folder in the LWC One Drive:

<https://onedrive.live.com/?authkey=%21AB%2DCWGHYqSPETac&id=83EDE30F27EFDEE%21107&cid=083EDE30F27EFDEE>

The following extract is a quick guide:

Tracks and Routes

- In frequently used areas keep to marked or formed tracks even when wet or muddy. Do not take short cuts on zig-zag tracks. In pristine areas spread out to minimise damage
- Protect plant life – avoid the spread of phytophthora (Die Back) and other soil borne diseases by keeping boots, gaiters, camping equipment and vehicles tyres clean. Tread carefully to avoid damaging vegetation. Use stepping stones in eroded areas if available.
- Camp on durable surfaces ie established campsites; tent platforms; rock; gravel and sand. If you use a rock to secure your tent, return them to their place when you leave
- Camp at least 50 metres from lakes and streams
- Preference should be given to using a two man tent rather than one man

Sanitation

- If there's a toilet use it. Otherwise go at least 100 metres away from water, camps and tracks. Bury human waste in holes at least 15-20 cm deep. Cover and disguise the hole when finished. Carry out any sanitary pads, tampons, wet wipes and condoms
- If in snow burn toilet paper after use (or use snow instead of!)
- Wash your body at least 50m from sources of drinking water
- Wash up using hot water, without soap or detergent. Strain and scatter dirty water at least 50m away from water sources.

Rubbish

- Pack it in, pack it out. This includes orange peel, fruit cores, sanitary items, seeds and egg shells. Take some plastic bags and if you can, take out rubbish left by others
- Check rest areas and campsite for rubbish and spilled food, so that no rubbish is left.

Wildlife

- Keep wildlife wild. Feeding animals can turn them into pests and may make them sick

- Store food and rubbish securely to prevent wildlife finding it
- Observe wildlife from a distance. Do not follow or approach wildlife

Fuel Stoves

- Many parts of Tasmania are Fuel Stove Only Areas. In these areas' fires are not permitted. Carry and use a fuel stove. Out of preference, use fuel stoves even where fires are permitted. Escaped campfires have caused landscape wide damage, and can threaten human, animal and plant life
- On 'Total Fire Ban' days only LPG (ie Butane or Propane) stoves can be used and only if flammable material is cleared for 1 meter around it
- If lighting a fire (where permitted) use only established fireplaces and keep the fire small

Leave what you find and be considerate of your hosts and other visitors

- Respect Aboriginal culture and country
- Preserve our past - examine but do not touch cultural or historic structures and artefacts
- Leave rocks, plants and other natural objects as you find them
- Look after bush huts. Do not use the provisions found inside unless you replace them. Leave them clean and tidy after use
- Only visit places where you have obtained appropriate permission and respect the wishes and regulations of all hosts (ie Aboriginal, pastoral, land managers and locals)
- Let natural sounds prevail – avoid loud voices and noises

Photographs and Publishing

Ask before taking photos of other participants (or parents in the case of minors).

In general, do not publish photos in which fellow participants are recognisable, without their permission, especially minors.

Insurance

The Club has Public Liability insurance to protect the Club, its coordinators and walk participants from claims for damages arising from injury and/or property damage caused by negligent acts committed on Club-operated activities. Personal accident insurance is your own responsibility. For further information contact the club's Treasurer.