

THE LAUNCESTON WALKING CLUB INC (Est. 1946)

How to Join

<https://www.launcestonwalkingclub.org.au>

Who can join?

Anyone over 18 years of age who has the necessary fitness, agility and love of Tasmania's bush is welcome to join. Under 18s may join the club as dependents of a member and participate in designated family activities.

How do I join?

As a visitor you may take part in up to three activities before applying for full membership.

As a visitor there is a fee of \$15 adult per trip, payable in addition to the trip levy.

When you would like to apply for membership complete the Application Form and take it with you on one of your activities, as your application will need endorsing by a LWC Coordinator and a Member.

Once endorsed, submit the application to the Membership Officer at ltonwc.membership@gmail.com (or at a meeting) to take to the next Executive Meeting for formal approval of your membership.

Once this is done, pay the appropriate membership subscription.

How do I book an Activity?

As a non member you will need to contact the Membership Officer at ltonwc.membership@gmail.com to discuss the range of activities, your previous experience and fitness, and get advice on what to expect on a club trip.

The calendar of Activities is found on the website under the TRIPS tab. Enlarge the calendar and click on the trip you are interested in and you will see the name of the coordinator taking it, a grading etc as well as a preview of the trip. Trips are given a grading by 'degree of difficulty' and 'length/duration' the key of which is on the Program. Those trips marked with # are considered suitable for the inexperienced.

Contact the Membership Officer to put you in touch with the coordinator of a trip you are interested in before booking an activity. Let the coordinator know of any physical/medical issues e.g. asthma, epilepsy, allergies or other matter that they should be aware of.

Having been confirmed that that the trip is suitable, the coordinator will open up a visitor spot for you and you will be able to book through the website using the Register Now link in the activity on the calendar. The minimum notice for booking is 2 days before the trip departs. If you cannot go on a trip you have booked, please contact the coordinator straight away to take your name off the list.

Is there a Cost?

A trip levy is charged for all trips and is collected in advance by credit card *for bus trips* when booking in Register Now. The amount varies according to the distance travelled and is noted in the Program as well as in the trip details in Register Now. (The table detailing current levies based on distance travelled is on the website). The following concessions apply on **bus trips** only:

- Pension & Health Care Card holder 50%
- Junior members (10-17 years) 50%
- Under 10 years free



For private car trips the levy is collected by the coordinator at the end of the trip. There are no concessions.

Where do the Activities leave from?

Most trips use the club's bus, but smaller groups involve car-pooling which is organised by the coordinator of the trip. The Program will indicate which.

In general trips depart from the main car park at Newstead College at the stated time, so be there 10 minutes before the departure time to get sorted, or ½ an hour if the trip is a cycle trip to allow time to load up the trailer.

What are my Responsibilities on an activity?

Ensure that you are fit and capable enough for the degree of difficulty, distance and duration of the activity. If you are not suitably prepared, are not feeling well or do not like the risks do not go!

Wear/carry the kit per the 'What do I Bring?' list and enough food (sandwiches/muesli bars /chocolate bars/fruit/lollies etc) and water for the length and conditions of the trip.

Respect the coordinator's authority in all matters concerning the trip, as they have been appointed by the club to lead a trip due to their leadership skills and suitable experience. They are responsible for the plans during the trip and general safety and wellbeing of all members on the trip. The coordinator's decision is final.

Inform the coordinator of any problems or intention to move away from the group for whatever reason. If you need to take a break tell another participant so that the group can all be stopped and wait.

Stay with the group and do not allow yourself to become separated - maintain sight of the people in front and behind.

Carry out all your rubbish

At the end of the trip do not leave until all vehicles start or as otherwise agreed by the party

Clean your boots/bikes/kayak after each trip to avoid carrying invasive weeds/ fungi etc into other environments

What do I bring?

As Tasmanian weather is unpredictable and the sun harsh (in summer there can be blizzards, in winter you can get sunburnt and strong winds blow year-round) the following is the minimum a prospective member must have as, if you put yourself at risk (e.g. of heat exhaustion or hypothermia) by not being suitably equipped, you may also put the group at risk. (Please refer to the DOWNLOADS tab for full lists and information)

What to bring on a day walk

- Comfortable daypack (approx 30lt)- with heavy duty plastic bag to line pack (or a pack cover) to keep things dry
- Strong, comfortable footwear – preferably lace up boots with ankle support
- Gaiters
- Raincoat (mandatory)
- Fleece or windproof jacket
- Quick dry trousers (*Jeans/cotton pants are not suitable for bushwalking*). Shorts are suitable only for open-country walking
- Long-sleeved shirt
- Waterproof overpants – for periods of rain or cold/wintery conditions
- Thick socks
- Beanie and gloves
- Sun hat & sunscreen. Sunglasses for snow conditions
- Thermal underwear – in case of emergency
- Water - minimum 1 litre - in an unbreakable container. In hot weather you may be wise to carry 2 litres or more. In winter a thermos of hot water for tea/coffee/soup makes a great comforter
- Food for the day - morning tea/snacks/lunch/afternoon tea
- First aid - (for list see below)
- Toilet trowel and paper in a plastic bag
- Hand sanitiser
- Whistle for safety - metal or plastic
- Headlamp torch – in case of staying out later than intended
- Compass and map
- Sufficient cash - for the trip levy (car trips) and for any 'coffee stop' along the way
- A change of clothes left in the car or bus is always a good idea, along with some post walk nibbles, additional water or a thermos for a warming drink in winter

Personal First Aid Kit

The club requires that you carry your own First Aid Kit with you on every club trip.

- Emergency contact details & Medical Information Card
- First Aid quick reference guide
- Non-latex gloves
- Note pad and pencil
- Adhesive hypo-allergenic bandages
- Combine dressing
- Triangular bandage
- Compression bandage (used for possible snake bites) (6" / 15cm)
- Emergency (hypothermic) blanket (eg *S.O.L.' Survive Outdoors Longer ' Blanket*)
- Safety pins
- Scissors
- Tape (hypoallergenic)
- Antiseptic cream
- Tweezers (for tick removal)
- Blister kit
- Oral pain relief (eg aspirin, paracetamol)
- Antihistamines
- Insect repellent
- Salt (for leeches)
- Saline eye wash
- Rehydration salts
- Face mask
- Hand sanitiser
- Personal medication (eg asthma inhaler, epi-pen, insulin)



What to bring on a Bike Trip

Appropriate bike (e.g. Mountain bike/Hybrid for off-road; Road bike/Hybrid for on-road)

Backpack (with a liner or heavy duty garbage bag to line pack)

LED head-torch with spare batteries

Roadworthy helmet

Waterproof jacket

High-visibility clothing (for road rides)

Bike head and tail-light (particularly for road rides)

Bicycle gloves

Sun hat

Set of thermals

Warm gloves

Safety glasses or sunglasses (i.e. clear or dark)

Bicycle hand pump

Spare tube

Puncture repair Kit

Water bottle or bladder (full)

Personal First Aid Kit

Trowel and toilet paper in a plastic bag

Personal medication

Lightweight food and high energy snacks

Recommended -

Bike shorts

Bike shoes

Covered-in shoes

Spare derailleur

Chain joiner link

Chain breaker tool

Multi-tool

Chain lubricant

\$5 (emergency fix for a slashed tyre)

Bike bell

Chamois cream e.g. bepanthan (especially for longer trips)

Map (1: 25000 preferred if available)

Sunscreen

Insect repellent (tropical strength)

A change of clothes to leave in bus/car

NB: Ensure tubes, chain links, and spare derailleurs, are all compatible with your bike.

What to bring on a Kayak Trip

The club has kayaking trips on both inland waterways and the ocean, and these trips have varying levels of difficulty. A high level of preparedness and a focus on safety is required and the required list of gear is long. **Intending kayaking participants on the more difficult K2 and K3 graded trips must contact the coordinator** to discuss the trip and to obtain a full list of required gear.

K0 and K1 Graded Trips:

Kayak with flotation

Paddle

PFD Type 2

Bailer and sponge (tied on) OR hand operated pump and sponge (tied on)

Whistle (on PFD)

Quick-drying trousers or thermals and shorts

Quick-drying long-sleeved shirt or thermal top

Wetsuit boots or neoprene beach shoes or sandals

Spray jacket

Fleece jacket or wind stopper

Sun hat (with cord or tied on)

Beanie

Sunscreen

Water bottle (1 litre) OR Water bladder in PFD (up to 1.5 litres)

Full set of dry clothes in dry bag

Lunch in dry bag

Snacks in PFD pocket or deck bag

Trowel and toilet paper in plastic bag

First Aid Kit

Compass

Helmet (for river trips with flowing water)

Personal Emergency Kit - Carried in your PFD pocket enclosed in layers of zip-lock bags and a very small dry bag

Matches

Small pocket knife

Paracetamol or aspirin tablets

Band-Aids

Pencil and notepaper

Car keys

Recommended -

Spray deck

Paddle leash

Maps (laminated or in map holder)

Sunglasses

LED head-torch

Paddling gloves

Small dry bag to use as accessible deck bag

Waterproof camera

Bathers and towel



The Launceston Walking Club Inc.

PO Box 273, Launceston, Tasmania, 7250

APPLICATION FOR MEMBERSHIP 2020 – 2021

PERSONAL DETAILS

Name.....

Name.....

Dependent Child..... Date of Birth

Dependent Child Date of Birth

Dependent Child Date of Birth

Postal Address

..... State.....Postcode.....

Phone Home..... Mobile.....

Email Address.....

Emergency Contact - Name..... Relationship

Contact Number Comments

I object to my personal details being available to all LWC members I object to my/our image being published in *Langana*/social media

DECLARATION

I voluntarily participate with Launceston Walking Club, aware that this may expose me to risk of injury, illness, death or loss of or damage to my property. I accept that coordinators are untrained volunteers who expect I will be self-reliant. I accept full responsibility for ensuring my own well-being and will cooperate with others to ensure I do not put anyone at increased risk.

Risks may include but are not limited to slippery, loose and/or uneven surfaces; rocks being dislodged; falling; pushing through scrub; mud; foul weather, snow, ice & strong wind; risks associated with crossing creeks & rivers; hypothermia & heat exhaustion; bites; equipment failures; hunger; thirst; being lost or other delays and poor or no communication. I am aware that risks may not be fully described, and accept that there may be no first aid available on club trips. **I will obtain my own personal accident insurance cover, if I desire it. To minimise these risks I will endeavour to ensure:**

- that I am carrying appropriate food, water, clothing, footwear and equipment.
- that I only participate within my capabilities.
- I will advise the coordinator of any relevant medication, physical or other limitations that might affect my participation in any activity. I am aware that trip coordinators are volunteers only and may have no first aid expertise.
- I will make every effort to remain with the party during any activity and accept a consensus of the party or instruction from the coordinator of the activity.

I have read or heard and understand the requirements, I have considered the risks before choosing to sign this waiver. I still wish to participate in the activities of Launceston Walking Club. I agree by signing this form to waive any claim for damage, loss, injury or death arising from any club activity that I, my executors and assigns may have against the club, the coordinator or other participants in tort or contract.

Signed: PRINT NAME Date

Signed: PRINT NAME Date

PARENT/GUARDIAN DECLARATION (for all those named under 18 years old)

I am the parent/guardian of(name of child/children)

I have read all the above, acknowledge and accept the membership waiver on behalf of the named child/ren and consent to the above named child/ren, participating in the activities of the Launceston Walking Club and will ensure trips are within their capability, they are appropriately prepared and will obey the directions given by the coordinator or the responsible person. I will advise the coordinator of any relevant medication, physical or other limitations that might affect the child/ren's participation in any activity.

Signed:(PARENT/GUARDIAN)(PRINT NAME)

NEW MEMBER PROPOSAL

We propose the candidate/s for membership. From our personal knowledge we declare that their election to the membership will be in the best interest of the club in the furtherance of its objectives:

Qualifying Activity: _____ Date: _____

Proposed by: _____

(Trip Coordinator) (Signature) (Name)

Seconded by: _____

(Member) (Signature) (Name)

Submit the completed form to the Membership Officer at Itonwc.membership@gmail.com (or at a meeting or by post to PO Box 273 Launceston) and pay the relevant subscription fee.

Your application will be put forward at the next Executive Meeting for approval as a full member, following which you will receive an email to confirm your membership

MEMBERSHIP CATEGORIES

		CATEGORY	LEVY	
Annual Subscription*	<input type="checkbox"/>	Individual	\$50
	<input type="checkbox"/>	Concession (Health Care Card/Pension concession card holder)	\$35
	<input type="checkbox"/>	Associate member (max 3 club trips per year)	\$25
	<input type="checkbox"/>	Child under 18yrs#		
		Total	

Dependent children under 18yrs must be nominated, but no subscription fee applies

* The membership year is 1 December to 30 November the following year

- Membership approved in June, July or August a 50% discount applies
- Membership approved in September, October or November full fee applies, however membership is covered through to the following November 30

Payments are by direct deposit to **Launceston Walking Club**

Bendigo Bank - **BSB: 633-000**

Account Number – **146518931**

Reference – Adult's **Initials and Surname**