



B'nai B'rith Ramblers

B'nai B'rith House, 99 Hotham Street, EAST ST KILDA, VICTORIA 3183

General Information for walkers

In the notes below, the (*) denotes information applicable to SOHW only

About the walks

- **SOHW** (School of Hard Walkers) do harder day walks, generally within approx. 1½ hrs drive from Melbourne, generally 13 - 20 km in length requiring walkers to be fit and able to ascend and descend moderate to steep inclines and walk 'on' & 'off' track for prolonged periods, do moderate rock scrambling and to take what comes, especially if the walk has not been pre-walked. Walks may take place in inclement weather requiring appropriate equipment.
- **SOMW** (School of Medium Walkers) do the medium/easy day walks, generally 8 - 12 km in length of up to 3 to 4 hrs at a more leisurely pace with moderate ups & downs that require some physical effort but demand a lower fitness level than the above. Walks may take place in inclement weather requiring appropriate equipment.

OUR (CLUB) EMERGENCY CONTACT SYSTEM (is based on Bushwalking Victoria recommendations)

In the interests of safety (on selected walks), we have adopted an **EMERGENCY CONTACT SYSTEM** which will operate as follows:

The walk leader will appoint a person who will be available by phone on the walk day to act as the club's emergency contact. The name & contact details of this person will be found in the walk details sheet or advised to you (including approx time of completion of the walk) when booking the walk. The appointed club contact will be instructed about the trip itinerary and time of expected completion. He will be briefed to alert the police when a search or assistance is judged to be needed by the walking group. Your personal contact may phone the 'Emergency Contact' if he/she is concerned of your late return

Walkers' responsibilities

Before the activity:

- Ensure you have the fitness, stamina and equipment (listed below) to undertake the walk. If you are unable to cope you will not enjoy the walk and you may inconvenience the whole group. The walk leader may refuse to accept walkers he considers do not fulfil the above requirements.
- Be sure to read the information sheet and in particular the **Walk Notice sheet for the grading of the activity** (if unsure, contact walk leader for more details).
- Walkers under 18 are required to be accompanied by an adult.
- You cannot bring pets to any BBRamblers activity
- Avoid evening engagements on the day of the walk. (*)
- If you decided to go on the walk, **RSVP to the walk leader prior to the cut off day** listed on the walk notice (this is generally 4 days prior to the activity). Please do not RSVP to anyone else, as you may not be informed of changes to the walk.
- When booking indicate your name & telephone number. If you have left a message on an answering machine/voice mail or communicated electronically, do not assume you are booked unless the walk leader confirms receipt of your message. Let the leader know if you are interested in car-pooling and who will be coming with you (especially if you are bringing a visitor – see below). If you desire to cancel your booking make sure you let the leader know A.S.A.P. Again **please do not call anyone else but the leader and the person you intended sharing transport with.**
- Each walker should forward details of the walk, intended time of return & the Club's Emergency Contact person's name & phone number to his personal emergency contact with the advice to ring the Club Contact for information if concerned about an unexpected delay in return.
- If you desire to bring a visitor you must advise the walk leader of the visitor's name and phone number and assure the walk leader that you have passed on to the visitor a copy of the walk details and the information contained in this advice. It is your responsibility to ensure the visitor is aware of all

our requirements including; the degree of difficulty of the walk, emergency contact system, required equipment, dress & footwear. The walk leader may at their discretion refuse to accept visitors.

- Read, absorb and practise these responsibilities, ensuring safety and enjoyment for oneself and the group.
- If you suffer any medical condition or disability that may require special actions please inform the leader and ensure that the proper instructions are available in a sealed envelope which is marked to be opened in the case of emergency.
- Please check your gear before leaving home and specially your water & clothing/footwear appropriate to the activity.

On the Activity:

- Be at the start by the appointed meeting time and prepared to leave at the departure time. If you are running late try to contact the walk leader.
- When walking, the person behind you is your responsibility. **Keep them in sight.** If the path curves or there are track intersections and the person is not in sight, **stop and wait.** Check behind every few minutes. If they get lost or separated you are to blame!
- If you need to leave the track for any reason please inform the nearest walker of your intention and leave your pack beside the track for the 'whip' to see and take note. Take note of the direction you take when leaving the track. The whip's responsibility is to assist slower party members and to ensure that nobody is left behind.
- Advise the leader if you feel unwell or cannot cope with the walk.
- Provide assistance and support to others involved. Our walks are not competitive in nature and personal achievement is dependent on participants providing mutual support and encouragement.
- Always respect the leader's judgment. The leader will be an experienced volunteer and will be considering the entire group's welfare. Assist the leader as requested.
- Please report any injury you suffer during the walk to the walk leader. Personal accident claims are required to be lodged within a reasonable time. Late applications may be rejected by the Insurers.
- Take all reasonable care to avoid exposing any person, including other walkers, to unreasonable risk of injury or loss.
- Enjoy the walk!

On return:

- Walkers should advise their personal contact person of safe return.

Clothing

- Wear clothes that are comfortable, loose fitting and lightweight
- Wear a sunhat, sunglasses and sunscreen for protection when in the sun for prolonged periods.
- Long sleeves provide the most protection from the sun but elbow length is a good compromise.
- In warm weather – wear clothes that allow the body's heat to escape.
- In cool weather – wear extra layers as this holds heat in, and as you warm up outer clothes can be easily removed.
- Don't forget to keep your hands and head warm as large amounts of heat is lost through these areas in cool weather.
- If you remove clothes while you are active, remember to replace them as you cool down to prevent stiffness.
- **Jeans or other heavy cotton clothes are not suitable.** Even in summer, wet slow-drying fabrics can bring on hypothermia. Trousers should be wool or a synthetic depending on the season.
- Carry appropriate wet weather gear

Footwear

- Wear boots that are comfortable and flexible with a bit of cushioning and low heels. Boots should have ankle support.
- If you are buying new boots have them measured and fitted and shop in the afternoon when your feet swell to their largest size. Wear new boots in prior to the walk to minimise the chances of painful blisters.

- Boots with rubber soles are recommended. The sole of the boot should be reasonably straight under the arch, not too curled or cut away.
- A laced boot offers better support to the foot.
- If you have corns or calluses, use cushioning and protective material. If your feet bother you see a podiatrist.
- Wear loose fitting cotton socks to allow feet to breath better (some walkers wear 2 pairs of socks to reduce friction on the foot).
- If during the walk you feel a 'hot spot' developing, attend to this immediately to minimise the development of painful blisters.

For more detailed recommendations regarding new footwear & foot protection refer to Bushwalking Vic Aug 2010 newsletter - <http://www.bushwalkingvictoria.org.au/forms/BNV1008.pdf> pages 4 & 5 and Victorian Ventures site <http://www.vicventurers.com/HoadleyHide/index.php?page=page12> .

Water

- **Don't wait until you feel thirsty or start sweating** before you have a drink of water. It is very important that you are adequately hydrated before, during and after your walk.
- On average, on a cool day, allow minimum 1 litre and on a hot day minimum 2 litres.
- Try to avoid coffee before the walk as this acts as a diuretic.

Personal first-aid kit

Your first aid kit should typically include:

- A triangular bandage & fasteners
- A 10cm elastic bandage
- A medium wound dressing
- Assorted adhesive dressing strips (eg. Band-aids, Elastoplast),
- Antiseptic
- 12 Panadol
- Blister pack (and moleskin or adhesive tape for covering hot spots on feet)
- Roll on insect repellent
- Personal medication
- Cloth adhesive tape for emergency repairs to boots

In the Day Pack:

- Carry adequate food & water for the type of walk you are doing (carry nibbles for the shorter stops).
- Be aware of the weather & cater accordingly. On warmer days carry extra water (minimum 1 litre) & drink ample amounts of fluids. Drink a little often. Avoid diuretic drinks such as coffee. On cold & wet days bring woollen jumper/thermal jacket, beanie or balaclava, gloves, waterproof jacket and overpants.
- a whistle for emergency use
- personal first aid kit, sunscreen, roll on Rid repellent, personal medication
- rubbish bag, toilet paper and matches. A camera is optional.

PLEASE NOTE THAT THE WALK LEADER HAS THE RIGHT TO REFUSE PARTICIPATION BY ANYONE NOT ADEQUATELY EQUIPPED FOR THE ACTIVITY.

Inclement Weather, Total Fire Ban & cancellation of walk

In the event of extreme weather forecast and/or Total Fire Ban:

- Registrants should contact the leader the day before the walk.
- If the walk leader decides to cancel he/she will advise registrants prior to the walk. Walks will go on if showers are forecast.
- The walk leader may cancel the walk should there be an insufficient number of registrants.

Environmental Considerations “TREAD LIGHTLY”

- We encourage car pooling.
- Take only memories and photos and don't leave anything behind (this includes orange peel, apple cores & eggshells that take a long time to degrade).
- Do not take short cuts, stick to the track. If the track is wet or muddy avoid detouring in order to keep feet dry as this only widens the track and increases the boggy area.
- Respect flora & fauna. Minimise damage or disturbance that your presence may cause
- Toilet at least 100m from streams and lakes and bury waste at least 15cm below the surface.
- Take your entire rubbish home. If possible, also take out rubbish you come across.
- Enjoy the environment.

Sharing transport:

Generally we get to our walk by private transport. For private, environmental, social & economical reasons many of us choose to share transport. When booking a walk with the walk leader, some walkers suggest that they can offer a ride whilst others may request a ride. The walk leader will bring together those interested in sharing transport and it is up to individuals to make the arrangement.

Sharing cost:

The objective is that the cost of fuel is shared between the passengers. The recommended method of calculating the shared cost is as follows:

Say there are 3 passengers in the car (not including the driver)

Say the total trip is 150km return

Assume the fuel consumption is 8litres per 100km (it may be more or less)

Assume the fuel cost is \$1.00 per litre

Hence the Fuel cost is \$12

The cost to be shared is $\$12/3 = \4.00 per passenger

If there is only one passenger, the fuel cost should be split half/half with the driver.

Please note that this is not a Taxi charge but a voluntary reimbursement to the driver for fuel cost on the trip.

Membership Fees, Insurance & Visitors

This fee, which is generally levied in July/August, includes; upkeep of our library of maps and walk books, upkeep of the first aid kits, navigation equipment, affiliation fees and insurance levied by Bushwalking Victoria. Due to limitations of the Personal Accident cover, it is recommended you also carry your own medical and ambulance insurance.

Visitors are welcome on BBRamblers activities but they must be informed of the walk protocols and the walk leader advised of their participation.

Visitors can only participate in the activity if they have acknowledged & signed the “Acknowledgement of Risks and Obligations of Temporary Members” prior to the walk.

Visitors may attend two activities and will be required to become members prior to the third walk.

Our walk leaders are volunteers and they are responsible for the whole group. Your cooperation makes the leader's job easier and the activity safer & more enjoyable for the whole group.