

Responsibilities for those Participating in Club Activities

All participants, including temporary members (visitors) and minors, should also refer to the by-laws.

- Walk/Activity Participants:
 - All participants should recognise that they and other participants are engaged in this activity purely for their own enjoyment and pleasure.
 - There is no compulsion involved, either physical, monetary, or otherwise, to participate. In doing so, participants agree to follow the Club's rules and the following instructions. Walkers are responsible for their own safety and actions during this activity.
- Prior to the activity
 - Participants should read the pre-walk/activity information carefully (eg in the newsletter or on-line), take note of ratings and any special conditions pointed out before the walk.
 - Participants are encouraged to self-assess their skills and fitness levels realistically against any walk rating to ensure they are adequately fit and capable for the proposed activity.
 - Participants should recognise that they, or a minor under their care and supervision, may have physical, medical or other limitations which may a) restrict their ability to participate fully and safely in an activity; b) place restrictions on the enjoyment of others or the performance of the group as a whole and; c) put themselves or others at risk during the trip. If in any doubt, they should consult the walk leader before engaging in the activity concerned.
 - Temporary Members (visitors) must receive approval from the activity leader prior to the day of the walk/activity.
 - Walkers are responsible to ensure that they are suitably equipped with adequate food, water, footwear, clothing and equipment etc for the proposed trip (refer to the pre-walk/activity information)
 - Participants should, if they have any doubts or questions about any aspect of the activity, check with the activity leader.
- On the day of the activity
 - Arrive at the meeting place at least 10 minutes prior to the designated departure time.
 - Sign the Activity Attendance form and any other applicable Temporary Member (Visitor) forms, prior to the commencement of the activity.
 - If a minor is to be under your care and supervision, and you are not the parent/grandparent or other legal guardian, then you must provide the leader with a Legal Guardian Consent form prior to undertaking the activity
- During the activity (with particular reference to walks)
 - All participants are required to follow all reasonable directions of the walk/activity leader during a walk.
 - Keep the person walking **BEHIND** you in sight.
 - Allow sufficient distance between yourself and the person in front so that you are not injured by branches flicking back or a walking stick.
 - Do not allow yourself to be separated from the group. If this should happen, as soon as you become aware of it **STOP WHERE YOU ARE**. Blow your whistle or shout COOEE every few minutes or so to attract attention.
 - Do not allow yourself to fall behind the nominated "tail-end Charlie". Do not leave the group (eg for a call-of-nature) without first advising "tail-end Charlie" or some other responsible person and making arrangements for rejoining the group.
 - If experiencing any difficulty at all, such as blisters, difficulty in maintaining the pace, shortage of water, etc, immediately advise the leader or "tail-end Charlie".

- While you should select walks that you are capable of completing safely, if you come to a place where you are not confident, tell the nearby group members and request assistance. All you may need is some advice or a steadying hand. An alternative route might also be available.
 - When walking on a steep slope, rocks might be dislodged which could fall on other walkers below. Wait until other walkers are clear below before proceeding up, down or across a steep slope. If a rock is dislodged, immediately call "**ROCK!**" to warn other walkers. If you hear the call "Rock!" move out of the way immediately.
 - Be aware of the universal alarm signal - three attention grabbers (eg three blasts on a whistle, three shouts, three "coo-ees", etc) - in case of danger, emergency, or if you should become lost, or separated from the group.
 - Do not behave in any way that places at risk the health and safety of yourself or others.
- At the end of the activity
 - Sign off on the Activity Attendance form.
 - Thank the leader for a great outing.
 - Offer to do a write-up of the activity for the Footprint newsletter.
 - If you accepted transport to/from the activity in another person's vehicle, offer to contribute to your share of the vehicle running costs. (See the Club website for information on Car Pooling and Travel Costs.