



# B'nai B'rith Ramblers

[www.bbramblers.org.au](http://www.bbramblers.org.au)

## General Information for walkers

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### 1. About the walks

- SOHW (School of Hard Walkers) do harder day walks, generally within approx. 1½ hrs drive from Melbourne and 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 and of up to 3 - 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
- Midweek walks are also SOEW (School of Easy Walks) do half day easy walks, generally 7 – 10 km in length and up to 3 – 4 hours at a leisurely pace with few ups & downs. These walks will usually be located within the Melbourne Metropolitan area. These walks are considered introductory walks.
- Other: Such as weekend walks, Under 50's, Family walk & Singles. These are irregular & you should consult the Program of Walks or the regular email communication you will receive

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### 2. Our (Club) Emergency Contact System (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 on 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 about your late return.
- We also require you before the walk to provide to the walk leader your ICE person contact details and carry on you a list of medication you are taking (see Personal Health Information form).
- As bushwalking may on occasions lead to unforeseen accidents, it is recommended you consider Ambulance Vic. membership

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### 3. Walkers' responsibilities:

#### 3.1 Before the walk:

- Ensure you have the fitness, stamina and equipment (listed below) to undertake the walk. The walk leader may refuse to accept walkers he / she 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).
- You cannot bring pets to any BBRamblers activity
- Avoid evening engagements on the day of the SOHW walk.
- If you decided to go on the walk, **RSVP to the walk leader (not anybody else) prior to the cut off day** listed on the walk notice. When booking, leave 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, let the leader know A.S.A.P. Again, **do not call anyone else but the leader and the person you intended sharing transport with.**
- You should leave details of the walk, intended time of return & the Club's Emergency Contact person's name & phone number with your personal 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 has the discretion refuse to accept visitors.
- A personal First Aid Kit (see recommended First Aid Kit)
- Personal Health Information Form (filled in) in a plastic zip lock bag, in an easily accessible but secure part of your backpack.
- If you suffer any medical condition or disability that may require special actions please inform the leader and have the proper instructions in your backpack in a sealed envelope which is marked to be opened in the case of emergency (Personal Health Information Form above).
- Please check your gear before leaving home: ensure sufficient water and food & clothing/footwear appropriate to the activity.

#### 3.2 On the Walk:

- 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 but bear in mind that you may find yourself or your leader out of mobile phone range.
- 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.
- Take only memories and photos and don't leave anything behind (this includes orange peel, apple cores & eggshells). Take your rubbish home. If possible, also take out rubbish you come across.
- 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.

- Enjoy the walk!

### 3.3 On return:

- Advise your personal contact person of safe return.

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## 4. Clothing

- Wear clothes that are comfortable, loose fitting and lightweight, and appropriate to the season and forecast weather; wear layers and a warm hat in the winter.
- Wear a sunhat, sunglasses and sunscreen when in the sun for prolonged periods. Long sleeves provide the most protection from the sun but elbow length is a good compromise.
- 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

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## 5. 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.
- Wear loose fitting cotton socks to allow feet to breathe (some walkers wear 2 pairs of socks to reduce friction on the foot).
- If you have corns or calluses, use cushioning and protective material. If during the walk you feel a 'hot spot' developing, attend to this immediately.

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## 6. 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.
- Drink a little often. Avoid coffee before the walk as this acts as a diuretic.

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## 7. 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 extra) & drink ample amounts of fluids. 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 repellent, personal medication
- rubbish bag, toilet paper and matches. A camera is optional.

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## 8. Personal first-aid kit

Please see the additional document regarding personal First Aid Kit. Typical contents will be:

- Personal medications must be part of your personal first aid kit
- A triangular bandage & fasteners, a 10cm elastic bandage, a medium wound dressing and assorted adhesive dressing strips (eg. Band-aids, Elastoplast),
- Antiseptic
- Painkiller tablets
- Blister pack (and moleskin or adhesive tape for covering hot spots on feet)
- Roll on insect repellent
- Cloth adhesive tape for emergency repairs to boots

## **9. You may be excluded from Activity if...**

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

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## **10. 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.

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## **11. Sharing transport and associated costs:**

Generally we get to our walk by private transport and aim to car pool and share petrol costs. The walk leader will bring together those interested in sharing transport and it is up to individuals to make the arrangement.

A formula will be used to calculate cost to the driver based on three passengers sharing these costs with the driver (even if there are less passengers). Cost to each passenger will be published with the walk notes and you are requested to have on you the exact change & not assume the driver will be able to give you change.

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## **12. Membership Fees, Insurance & Visitors**

The annual fee will be levied in July/August & a notice will be emailed to members. The annual fee includes a contribution towards Accident & Public Liability insurance.

Our Accident & Public Liability insurance will pay for approved treatment that is not covered by Medicare. Ambulance transport included cover has a cap, which is insufficient for helicopter transport therefore we recommend that walkers take out Ambulance membership which covers helicopter rescue throughout Australia.

Visitors are welcome on BBRamblers walks but they must be informed of the walk protocols and the walk leader advised of their participation. Prior to the walk visitors must acknowledge and sign the "Acknowledgement of Risks and Obligations of Temporary Members" and pay the casual non-member fee.

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