

ACTIVITY INFORMATION FORM

REDLAND BUSHWALKERS CLUB INC.

April 2021



TYPE OF ACTIVITY		No. LIMIT		LEADERS NAME	
EVENT:		DATE:		CONTACT PHONE	
		GRADING:		EMAIL ADDRESS	
LOCATION			EMERGENCY CONTACT OFFICER: (if required)		
			PHONE No:		
MEETING PLACE:			TIME:		MAPS



WALK GRADINGS:

	Distance		Terrain		Fitness
S	Short Under 10km per day.	1-3	Graded track or open terrain, no scrub.	1-3	Easy, suitable for beginners.
Fitness 3+ and above must have completed a Mt Cotton Walk with a Club member with relative ease or without stress to go on Club walks					
M	Medium 10-15km per day.	4-5	Off track, bush, minor scrub, rainforest, rock hopping, minor scrambling.	4-5	Medium, Reasonable fitness required.
L	Long 15-20 km per day.	6-7	As above + thick scrub. Major rock scrambling using hands.	6-7	As above + agility required.
X	Extra Long 20km+ per day.	8-9	As above + rope and technical ability required.	8-9	Hard strenuous, fit walkers only.

DETAILS (description of activity)

SKILLS REQUIRED

The above details are the minimum conditions and requirements for the activity and the circumstances of the activity could change on the day of the activity.

On completion of the event ACTIVITY & NOMINATION forms to be returned to OUTINGS OFFICER/WAIVER forms & MONEY to be returned to the TREASURER