



REDLAND BUSHWALKERS INC - INFORMATION FOR NEW MEMBERS

Thank you for considering joining our Bushwalking Club. We have created a document with information about our Club, our walking platform, and minimum requirements for bushwalking. We hope you find this useful. Check out our website for further information:

<https://redlandbushwalkers.org.au/> or send us an email if you require further information:

redlandbushwalkersinc@gmail.com.

1.0 Membership with the Club

- 1.1 The required Introductory Walk is a great way to be introduced to members of the club and experience the type of walks we do. This will also assist you in gauging whether you are interested in a bushwalking group Vs. a walking group.
- 1.2 We are a Club and only use Meetup as our walking platform to sign on for walks.
- 1.3 Cost is \$40.00 per year. A potential new member may do up to 2 walks with the Club (including the Introductory walk) before joining as a member.
- 1.4 The visitor/temporary membership fee of \$5 comes off the membership fee if you decide to join (i.e. you will only pay a balance of \$35 if you join as a full member after you have completed the Introductory walk).
- 1.5 The Club holds a monthly meeting at the Lion's Club Hall at 122 Shore Street North, Cleveland from 7pm on the second Wednesday of the month. Check out our Website for details, <https://redlandbushwalkers.org.au/>

2.0 Meetup

- 2.1 Visitors and new members **must** contact the leader by sending a message or phoning them if they haven't walked with them before. Visitors should email the club for details of the leader to contact them. Unless it is an easy walk, most leaders will put you on a wait list and if they don't know you, they won't immediately accept you on a walk until you have spoken with or contacted them.
- 2.2 The Club preference is to have a picture of your face and full name (details on how to change this for the Club only are located on the website, <https://redlandbushwalkers.org.au/>
- 2.3 On the morning of the walk, check Meetup before you leave, just in case there is an update from the leader regarding the walk.

3.0 Emergency Contact Details

- 3.1 **Carry an emergency card** with you, with your name and mobile, plus your emergency contact person and mobile number – include rego and any allergies. You will receive an Emergency Card in your Welcome kit when you join the club.
- 3.2 Install the **Emergency Plus App** on your phone.
- 3.3 Add your Emergency Contact name and number in your "Contacts" on your mobile.

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4.0 Other useful information for new members (also located on our website)

- 4.1 **What to pack in a Daypack** – 2 Litres of water, first aid kit, hat, sunscreen, poles (if using), snacks and food, windproof jacket, and rain gear (if the weather is looking inclement).

Example: O'Reilly's, Binna Burra or Mt Barney area – pack thermals and light merino fleece (especially in winter), as it can be up to 10°C cooler in temperature from the Redlands. If unsure what to take, contact the leader or put a message on Meetup. If you are not using a water bladder let the leader know so they can add adequate stops along the way.

- 4.2 **First Aid kit** – everyone to carry one. Must have at least one snake bandage.

- 4.3 **Toilet Breaks** – If you need to have a toilet break while on a walk, let the tail-end person know, so they can wait for you to return to the track. Put your pack at the edge of the trail where you have gone into the bush to flag there is someone off trail for a toilet break.

- 4.4 **Tail End Charlie** – We appoint a tail end Charlie and always wait at junctions to ensure everyone follows the correct track.

- 4.5 **Backpack** – Details of what to pack for a day pack are on the Website, <https://redlandbushwalkers.org.au/>. Backpacks with hip belts especially for longer walks and creek walks so they don't move around and cause you to lose your balance.

- 4.6 **Whistle** and how to use it (provided in welcome pack)

- 4.7 **Poles** – if you are unsure how to use them or the advantages of using poles, talk to a leader for guidance.

- 4.8 **Walks Grading System** – Refer to the website for details, or the tables below. <https://redlandbushwalkers.org.au/>. Members should make sure they have the physical ability to complete the level of walk they choose to participate in.

- 4.10 **Car Pooling** – Bring a change of clothes/shoes to change into at the end of the walk, especially if the weather has been inclement and/or the track is muddy. Bring petrol money for the driver. The driver will decide a reasonable amount, but a rule of thumb is \$20 per 100km (shared between passengers)

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Activity Classifications		
Code	Name	Description
ABS	Abseiling	Controlled descent of a vertical drop, such as a rock face.
BC	Base Camp	Staying at a location and using it as a base for walks.
CYC	Cycle	Cycling activity.
DW	Day Walk	A Day Walk is a walk that is undertaken over the course of a single day.
KAK	Kayak	Kayak/canoe trip.
MTG	Meeting	Club nights.
S&T	Safety and Training	Safety and Training activities are conducted specifically to heighten the skills of leaders and other members. (Examples of Safety and Training activities are Navigation Exercises, First Aid Courses, Abseiling Courses, and Leader Training Base Camps.)
SOC	Social Activity	E.g. Dinner, Xmas Party, etc.
SVY	Survey	Surveys are activities conducted specifically for the purpose of scoping new locations, or locations that have not been visited for some time, for suitability to use for day walks, through walks or otherwise, Surveys usually consist of small, experienced groups.
TW	Through Walks	Through Walks typically begin on Friday night and finish on Sunday afternoon/evening. The walker must carry all their gear for camping out overnight, sometimes including water for the duration. These walks are regarded as the ultimate in walking, as you are able to visit more remote areas not able to be accessed by road and therefore considered more interesting and sometimes challenging. In contrast there are some fairly easy through walks, which are, for the most part on tracks, yet still giving the impression of being somewhere fairly remote, interesting and away from civilisation.

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Walk Gradings						
Distance			Terrain Gradings		Physical / Endurance Grading	
Code	Name	Description	Code	Description	Code	Description
S	Short	Less than 10km per day	1	Path with smooth surface and low gradient.	A	Basic. Generally suitable for new bushwalkers. About four hours of walking and possibly minor hills. Slower pace with frequent breaks.
M	Medium	10-15km per day	2	Well-formed path or graded track with some minor obstacles.	B	Average. Can be up to five hours of walking and/or up to 300m of elevation gain/loss per day. Comfortable level of fitness required.
L	Long	15-20km per day	3	Graded tracks, with obstacles such as rock or root intrusions, fallen debris, or creek crossings.	C	Moderate. Can be up to six hours of walking and/or up to 600m of elevation gain/loss per day. Reasonable fitness and agility required.
X	Extra Long	Over 20km per day	4	Rough, unformed track or open terrain, with obstacles such as rock or root intrusions, fallen debris or creek crossings.	D	Hard. Can be up to seven hours of walking and/or up to 800m of elevation gain/loss per day. Sufficient level of fitness, endurance and agility required.
			5	Rough or rocky terrain that may require use of hands, and/or creek rock hopping that requires small to moderate steps. Fallen debris possible.	E	Very Hard. Can be up to eight hours of walking and/or up to 1,000m of elevation per day. High fitness, endurance and agility required.
			6	Steep, rough or rocky terrain requiring use of hands, and/or creek rock hopping requiring moderate to large steps or jumps. Fallen debris possible.		
			7	Climb or descend steep rock, using hand or foot holds. May be some exposure. Good upper body strength required.		
			8	Climb or descend near vertical rock with exposure, using widely spaced or small hand or foot holds. Climbing skills may be required. Good upper body strength required.		
			9	Sustained climbing or descent of vertical or near vertical rock with exposure, using widely spaced or small hand or foot holds. Advanced climbing skills may be required. Good upper body strength required.		

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Amendment to previous version (15/07/2023):

Section		Change
No.	Title	
All	All Sections	Updated headers and footers Included section numbering
Amendment to Previous Version		New – details the changes in the current version to the previous version

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