



Participants' Responsibilities

Remember you have a responsibility for your own safety

- Check the grading of the activity and read the grading definition in *Walk Notes*, which are a guide only. If in doubt check with leader before you decide to participate.
- Inform the leader, with as much notice as possible, if unavoidable circumstances prevent you from attending the event.
- Obey all reasonable instructions given by the leader.
- Persons under 18 years are required to be accompanied by a responsible adult.
- Arrive at the meeting place in time to depart on the activity at the time stated.
- Advise the leader if you feel unwell or cannot cope with the activity.
- If you suffer any medical condition that may require special action, please ensure that you carry the appropriate instructions in a sealed envelope or they are with a friend at the activity. If necessary, carry the required medication. All participants should complete and carry the Personal Health Details – Emergency Information form.
- It is wise to insure yourself for ambulance and medical treatment - WBC does not cover you for these expenses.
- Provide assistance and support to others on the activity. Club events are generally not competitive and success of the activity is dependent on members providing mutual support and encouragement.
- If you are at the front of the group and the leader is not with you **stop** at **all** track/road junctions, signs, or whenever there is doubt about the correct route and wait for instructions from the Leader.
- Irrespective of where you are in the group, ensure that you can see the person behind you [and vice versa]. If not slow down and wait.
- Bring all the correct clothing, equipment, food and water with you; don't rely on others to lend you items or carry them for you. If in doubt about what to bring ask the leader at booking time or before departure. Some equipment may be hired from bushwalking shops.
- Carry a personal First Aid Kit comprising
 - A minimum of:
 - Emergency Details ie. QUOTA Vial of Life
 - Variety of bandaids including extra large
 - 1 conforming bandage 7.5cm
 - 1 heavy weight crepe bandage 7.5cm
 - 1 triangular bandage
 - Safety pins
 - Gauze swabs (ie. 3 swabs 7.5cm x 7.5cm pack)
 - Moleskin or adhesive tape or similar for covering hotspots on the feet
 - Thermal accident blanket
 - Personal medication ie. own pain killer tablets, antihistamine tablets
 - These will fit in a plastic ziplock bag
 - Plus:
 - Alcohol hand wash
 - Sunscreen
 - Roll on RID, or similar, for insects and leeches
 - Small plastic bag for rubbish

- Optional extras:
 - Betadine
 - Gastrolyte tablets and glucose for hot weather
 - Instant cold pack
 - Duct tape
 - Pointy tweezers for ticks and splinters
 - Snake bite bandage
 - Scissors
- Carry a whistle at all times and remember the code:
 - **Three blasts** EMERGENCY
 - **Two blasts** stop and regroup
 - **One blast** acknowledge
- The Whip is there to assist slower group members and to ensure that nobody is left behind. If you need to leave the track, for any reason, please inform the leader or Whip and leave your pack on the track.
- Ensure you leave details of the activity and the names and phone numbers of the Club Emergency Contacts with your family or friends and make them aware of the emergency procedures (details in *Walk Notes*).
- Carry with you the mobile phone number of the event leader and the names and phone numbers of the **Club Emergency Contacts** so that if your car breaks down en route to or from the activity or you become separated from the group you can advise details as soon as possible. This may also help the leader to render assistance.

By following these few simple procedures you will contribute to the safety and enjoyment of the whole group