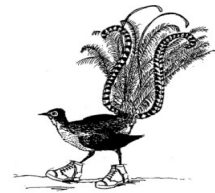


INFORMATION FOR NEW CLUB MEMBERS

June 2011



The South Gippsland Bushwalking and Adventure Club Inc is affiliated with Bushwalking Victoria and subscribes to the Public Liability and Personal Accident Insurance cover obtained by Bushwalking Victoria for its members.

The safety of Club Members is of prime importance in planning activities and a number of Risk Management measures have been adopted over the years to ensure the safe enjoyment of club events and compliance with recommendations from Bushwalking Victoria, and our insurers.

The Club newsletter called "Footprints" is published every two months, together with an activity program for the months ahead. The newsletter contains reports of activities and general club information. The newsletter and program are generally circulated by email but can be posted if email is not available.

General meetings and Committee meetings are held on alternate months on the fourth Thursday of the month, at 8.00pm. Details of meetings are shown on the activity program. All members are encouraged to attend either of these to find out more about planned activities and socialize with others in the club.

Membership - Disclaimer

For insurance purposes:

- All new members must sign a disclaimer regarding their participation in Club activities.
- Existing Members renew this each year when paying their annual subscriptions.
- Temporary Members (visitor's) must complete the "Acknowledgement of Risks and Obligations" form at the beginning of an activity

Participant's Emergency Contact and Medical Information Form

The Club requires that Members carry a completed form in a sealed plastic envelope in their pack at all times during a club activity. It is for emergency purposes only

The information contained in the form will only be used if you are ill or injured whilst participating in a club activity. It will only be accessed by the activity leader or their delegate and given to the relevant medical or emergency services personnel.

The Fun Bit – Taking part in Activities

Each activity will have a designated Club Leader who is responsible for the group as a whole. However, there are a number of things you need to keep in mind when preparing for the activity to ensure it is an enjoyable experience for you:

- Make sure that the activity grading on the program (easy, medium, hard etc) is within your capabilities. You need to be physically and medically fit for the activity. Talk to the Leader for more detail if you are not sure.
- You must disclose to the activity leader any disability that may affect your participation in the activity.
- You are also required to inform the activity leader of any recent illness or injuries prior to the start of the activity.

Preparing for the Activity.

- You are expected to make adequate preparations and be equipped for the activity i.e carry a bike repair kit and pump for cyclists; safety vest etc for canoeing/kayaking and appropriate safety clothing and equipment must be worn/used during the activity.
- Have appropriate footwear and clothing (prepared for any weather); equipment, food and water when walking or hiking
- Carry a basic first aid kit as well as any personal prescribed medications. (Leaders are not responsible for your first aid kit or any medication you may require.)
- Carry your up to date emergency contact and medical information form
- Ensure that all your equipment is in a safe condition; i.e bikes to be roadworthy, canoe/kayaks to be seaworthy; tents and sleeping bags to be appropriate for the weather conditions.

General

- **Participation List.** At the start of an activity the Leader will circulate a Trip Participants form which is to be completed for each participant. The information required includes an emergency contact name and phone number.
- **Children under 16** years must be accompanied by a parent or guardian (nominated by the parent).
- **The activity leader** has the right to refuse participation of members and/or temporary members(visitors) in the activity they are responsible for.

Welcome to the Club!!!!

Website: www.sgwaac.org.au

Email: president or secretary or treasurer@sgwaac.org.au

Meeting Place - Leongatha Community House – 16 Bruce Street, Leongatha