

RULES FOR WALKERS

- You (including visitors) must register on the Walk Report form, which includes a risk acknowledgement.
- There is a limit of 3 walks as a visitor - after this, visitors must apply for membership.
- Discuss your suitability with the leader beforehand if you plan on participating in a walk of a higher grade than you have done before.
- No person under the age of 18 can participate in a BBC walk unless accompanied by a parent, guardian or other adult who is either a close relative, or authorised by the parent or guardian. This 'responsible person' must sign a modified activity sign-in form.
- Dogs and firearms are not allowed.
- Bring lunch and plenty to drink — a minimum of 1 litre per adult and 1.5 litres per child in normal weather, and 2-3 litres for hot weather.
- Dress appropriately and always bring a hat, waterproof jacket or coat, and warm clothing, e.g., polar-fleece, thermals, gloves and warm headgear, for unexpected cold weather.
- Strong footwear with thick treaded soles is recommended. Walking boots with thick socks are best; joggers may be adequate for easy and medium terrain; if in doubt, contact the walk leader.
- Some first aid needs arise more often than others: sunburn, thorn pricks, insect bites, abrasions and bruising from falls, blisters, heat exhaustion, sprains and strains from slipping on rock or wet wood. Snake bite is always a possibility. Walkers must carry a first aid kit containing, as the minimum, a wide compression bandage (for snake bites, sprains and breaks), some wide surgical tape, bandaids and pain killers.
- Carry everything in a backpack so that both hands are free.
- Keep together. Use the same route as the leader and do not get ahead of or behind the party. Keep the walker in front **and** behind in sight - call the leader to stop if necessary. If the party is large, a tail person is usually appointed to monitor slower walkers. The most common causes of separation are getting ahead of the leader, stopping to take photos or making a toilet stop without telling anyone. Do not assume you can drop behind and then easily catch up.
- If you do become separated, stop and call out. Do not keep walking. Wait in a visible place even if you have to wait some time. The leader will return for you. Call out at intervals.
- Be aware of fellow walkers – if a problem is apparent, advise the leader.
- Let the leader know if you are having any difficulties.
- If you want to leave the walk for any reason, you must consult the leader first – and abide by the leader's ruling. Do not assume you will get approval.

- The club endorses minimum impact bushwalking. Avoid damaging the bush environment, leave absolutely no litter, and do not burn plastics or aluminium in fires.
- Call for a stop at the first sign of a blister or other injury. The party will gladly stop for a rest while any necessary first aid is given. If you use someone else's supplies, replace them.
- If the leader is making a head count, assist by standing still.
- Avoid using mobile phones. If you must, then move well away from others.