

Application for Membership of Shoalhaven Bushwalkers Incorporated



Instructions:

1. Prior to your first walk, print this page, and read the risk waiver and essential information below.
2. Fill out the details of your first 3 walks and have each leader sign when satisfactorily completed.
3. Scan or photograph the completed page and email it to The Treasurer at treasurersbw@gmail.com

First Three Activities Completed Satisfactorily by applicant for Membership

Walk	Date	Walk / Activity Description	Leader's signature
1			
2			
3			

Risk Waiver

In voluntarily participating in any activity of Shoalhaven Bushwalkers Incorporated I am aware that this may expose me to risk that could lead to injury, illness or death or to loss of or damage to my property. Those risks may include but are not limited to:- slippery and / or uneven surfaces, rock fall, submerged logs and rocks while swimming or diving, shallow and / or murky water, strong currents, falling at edges of cliffs or drops, hypothermia and heat exhaustion.

To minimise these risks I will endeavour to ensure that any activity in which I participate is within my capabilities and that I am wearing appropriate clothing and footwear, and carrying food, water and equipment appropriate for the activity. I agree to advise the activity leader if I am taking any medication or have any physical or other limitations that might affect my participation in the activity. I will make every effort to remain with the rest of the party during the activity and accept the instructions of the leader of the activity. I understand that ambulance cover is recommended.

I agree that in signing this form I am waiving my rights to sue Shoalhaven Bushwalkers Inc., its leaders, other participants and relevant landowners.

I have read or heard and understand these requirements; I have considered the risks before choosing to sign this form. I still wish to participate in the activities of Shoalhaven Bushwalkers Incorporated, and I hereby apply to become a member of Shoalhaven Bushwalkers Incorporated. My signature (below) indicates that I fully understand this Risk Waiver and that in the event of my admission as a member, I will agree to be bound by the rules of the Club for the time being in force.

Applicant's Details (18 years or over)

Name: _____ Address: _____

Town: _____ Postcode: _____ Mobile: _____

Home Phone: _____ Email: _____

Membership Fees

- \$40 - New Member joining between July 1st and December 31st
- \$30 - New Member joining between January 1st and June 30th
- \$30 - Current Member
- (\$10 discount if you are a member of another club affiliated with Bushwalking NSW - proof required) •
The Membership Fee subsequently becomes due on July 1st each year

Fee: _____ **Payment Method** (circle one) Cash / Cheque / Direct Debit (Account 236093, BSB 032-691)

Signature of applicant _____ **Date** ____ / ____ / ____

Essential Information for New Members

New members should keep this page and read it thoroughly!

Prior to each of their first three walks, potential members should ring the leader to discuss the walk to ensure that both agree that the walk is within their capabilities.

Prior to the Walk - be prepared

- Ring the leader for walk details and to ensure you are capable of completing the walk
- Choose clothing appropriate to the walk i.e. long sleeves & pants, enclosed footwear for off-track walks
- Leaders may exclude you from a walk if they consider your fitness or skills are inadequate
- Leaders may exclude you from a walk if they consider your clothing or footwear is inappropriate
- Leaders may exclude you from a walk if they consider the equipment you are carrying is inadequate
- Ring the leader if the weather is doubtful or if you are meeting at an alternate location
- Leaders may change walks at the last minute i.e. after a recce, so ring leader if this is important to you
- Have the exact change to pay drivers (see Car Sharing below)

Always carry:-

- Ample water (at least 1 litre of water - and more on hot days)
- A comprehensive first aid kit (including space blanket) - to be used on you if you have an accident
- A small waterproof container with details of your allergies, medication, emergency contact, next of kin
- Wet weather gear (rain jacket at least)
- Warm jacket (thermals and beanie for more remote and winter walks)
- A hat
- A torch and spare batteries
- Matches/lighter
- Ample food and emergency rations plus thermos/morning tea if desired
- A whistle

During the Walk

- Keep the walkers in front and behind in sight - call leader to stop if necessary
- Stay with the leader even if you think he/she is on the wrong route, but raise your concerns with them
- Follow directions given by the leader for the safety and well-being of the group
- Keep a safe distance behind to avoid swinging branches or running into the person in front of you
- Wait at intersections for the rest of the group to catch up
- If there is a danger of rocks being dislodged on steep slopes - keep area below clear
- Be aware of fellow walkers - if a problem is apparent, advise the leader
- Let the leader know if you are having any difficulties
- Let someone know if you temporarily leave the group for any reason

After the Walk

- If you are injured on a walk, ensure that the walk leader completes an incident report so that you are covered by our insurance.

Car Sharing

For environmental and parking reasons, we encourage car-sharing - at a cost per passenger per kilometre which varies from time to time, depending on the price of petrol. Distances are rounded up or down to the nearest 10km, and the final cost rounded up or down to the nearest dollar. Example: a round trip of 66 kilometres is rounded up to 70km. If the current car sharing cost is 15c per kilometre, the cost per passenger is \$10.50, which rounds up to \$11. The cost can be reduced by mutual agreement for longer trips i.e. outside the Shoalhaven.

Website

There is much more information available on our website at www.shoalhavenbushwalkers.com and our Facebook page at www.facebook.com/shoalhavenbushwalkers. We recommend that you visit our website regularly for our latest news/walk changes etc.