

### P3. INTRODUCTORY WALKS POLICY

*This document is provided to support the Club Rules and communicate club policy to the members. Policy may be revised from time to time by the committee, and members will be adequately notified of changes.*

#### **Introductory walks.**

- All prospective members, and previous members whose memberships has lapsed for more than 2 years will undertake an introductory walk with the club. On very rare occasions, exceptions to this may be made by the committee if an established leader is prepared to 'vouch' for the prospective member based on recent proof of their skills, ability and experience, and recent knowledge of Perth Bushwalkers Club custom and practice.
- Introductory walks are held during the walking season as numbers dictate, but generally at least once each month. Walks are led by an established club leader, supported by several experienced members.
- The walk is a 'typical medium grade club walk'. Pace and stops are much as would be experienced on a typical walk, but will also have several 'bail-out' points in case participants are not coping. Leaders must ensure risk assessments are completed for each introductory walk, in accordance with the club policy.
- Prospective members are charged a fee, as set by the Committee, to attend the introductory walk. On successful completion they may either join the club, or may attend up to 3 club activities as a 'visitor' at a fee, as set by the Committee.

#### **Aim of introductory walks:**

- To let prospective members see what it is like to walk with Perth Bushwalkers
- To point out the dangers and pitfalls of walking in the Western Australian bush
- To ensure that the quality and safety of Club walks is not compromised by new members and visitors
- To ensure that all members have a known minimum standard of fitness, competence and knowledge

In addition to the normal discussion, the following points are covered:

#### **Before leaving the carpark**

- Car pooling and paying your way.
- Ensuring all starters have adequate water and footwear.

#### **At the start of the walk, and before leaving the cars** discuss the etiquette issues of:-

- Letting the leader lead
- Keeping behind the leader, in front of the tail end charlie
- Keeping a safe distance between yourself and the person in front, not walking away from the person behind
- If separated from the group stay put and bellow out or whistle
- Do not leave the group without telling the tail end charlie or the leader
- Properly dispose of toilet waste, tissues and paper
- Leave no rubbish, pack out what you pack in.

#### **At some opportune time**, say the morning tea stop or a breather discuss safety issues:-

- Biggest danger is dehydration, therefore carry plenty of water, and drink it
- Next biggest danger is bushfire, so manage campfires correctly, watch for wildfire and have a plan for escape.
- Another risk is sprains and fractures from falls and getting skewered by sharp sticks and branches. Keep your eyes open, watch for trip hazards and slippery surfaces, keep safe distance from other people. Carry compressive bandages and bandaids on day walks.
- Also a risk of snake bite so compressive bandages can be used to bind the affected area.
- Get a discussion going with the group on what to carry in a first aid kit.

#### **At the end,**

- Thank all for coming.
- Invite all to join the Club.
- Advise those who found the format tedious that that is typical of all bushwalking Clubs in WA but probably at the more strenuous end, and those who found it difficult to keep up might find easier walks with other clubs listed in the Yellow Pages directory.