



Induction Pack for New Members

FEBRUARY 2010

SPECIAL POINTS OF INTEREST:

- **Selecting a walk ... grading system**
- **Emergency procedures**
- **The etiquette of bush-walking**
- **Equipment needed**
- **How to be safe in the bush**
- **Minimising your impact on the environment**

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Introduction

Objectives

The objectives of this induction training are to:

- provide new members with essential safety & health information related to walking with the club;
- ensure new members are aware of environmental minimal impact requirements;
- inform members of established club walking etiquette and protocols;
- familiarise members with club rules, training guides, communication media.

Venue

Induction training is to be provided at an outdoor venue, in the form of a day walk led by experienced club members.

The walk should be selected so that aspects of the training such as walk grades can be demonstrated along the route.

Locations should be available on the walk that allow training and discussion without interruption from the public.



Record of Attendance

A record of attendance is to be kept in the same way as regular club walks, with all attendees signatures recorded. Trainees are to be given a copy of the induction training package.

Selecting a walk ... grading system

It is important for your enjoyment, and for that of other walk members that you select and nominate for walks that are within your capabilities.

There is a standard system of grading walks, shown below and also detailed on the club website, and this should always be included in the walk description in the club monthly newsletter, "Footnotes".

If in doubt, please discuss with the walk leader.

For example – Albert River Circuit is a 20 km graded track walk in Lamington National Park. This has a classification of L34 (medium fitness needed because of the 20km distance, and so not suitable for absolute beginners).

WALK GRADINGS

Distance	Terrain	Fitness
S – 1 to 10 km	1 to 3 Graded Track or open terrain. No scrub	1 to 3 Easy , suitable for beginners
M – 10 to 15 km	4 to 7 Off Track. Minor scrub, rainforest, rock scrambling, creek rock-hopping	4 to 7 Medium. Reasonable Fitness required
L – 15 to 20 km	8 to 9 Off Track. Thick scrub, major rocks, scrambling using hands, technical climb	8 to 9 Hard. Fit walkers only
X – Over 20 km		

Activity Type

Graded Track Walk **GTW**, Day Walk **DW**, Through-Walk **TW**, Base Camp self-sufficient **BC**, Base Camp accommodated **ACC** Social **SOC**, Safety & Training **S & T**, Federation **FMR**

Emergency Procedures



“A Personal Locator Beacon” will greatly aid rescue efforts”

Occasions requiring Emergency Procedures:

- Snakebite
- Accidents resulting in unconsciousness, broken limbs, where patient cannot move independently
- Medical emergency – heart attack, stroke, heat stroke, hypothermia
- Walking group irretrievably lost

Procedure

1. Ensure no other walk member is endangered
2. Apply First Aid if needed and maintain watch on patient.
3. Walking group to remain together unless instructed otherwise
4. Determine location – latitude & longitude
5. Contact Emergency Services “000” or “112” if possible
6. Decide whether to activate Personal Locator Beacon. Activate in a clear area.
7. Three walkers (if possible) dispatched for help if other communication not possible

Following basic walk procedures and etiquette will make the walk an enjoyable experience for all.

Walk procedures

Basic principles that should be followed include:

- Stay together, do not separate from the group
- Stay in communication with the leader, directly or through an unbroken line of walkers
- If the line of walkers is broken, shout “ Hey Bob” to re-establish communication. Alternatively use your whistle.
- The leader may nominate a “tail” to walk at the back of the group. Make sure you do not get behind the tail.
- Keep a safe distance from

the walker in front so you are not injured by walking sticks, swinging tree branches, dislodged rocks. This also respects the other walkers space – no one likes being tail-gated.

Walk etiquette



Basic principles that should be followed include:

- Nominate for the walk within the accepted time, namely the Tuesday before the walk.
- If you have to cancel, give plenty of notice, and a telephone apology is best.
- Don't be late on the day – this is disrespectful to other members.
- Let the leader know you have arrived and sign on.
- Introduce yourself to other walk members.
- Bring a change of clothes particularly if you are travelling in another's car.
- Learn the skills of bushwalk-

ing, e.g., first aid, navigation so you are not dependent on the leader.

- If car-pooling, contribute to the travel costs as agreed with the driver and stipulated in the walk notes.
- Thank the walk leader at the end of the walk.

Equipment



A 30 litre back pack is recommended for day walks

Day Packs

Below is a list of recommended items to carry for day-walks. These are essential items needed to deal with unexpected circumstances, such as an unplanned night out in the open.

- Approximately 30 litre back pack
- Minimum 2 litres of water, more for long walks, hot days, emergencies
- Food for the day plus contingency supplies for emergencies
- Rain jacket, warm clothes for emergencies, hat, sunglasses.
- Basic first aid kit (crepe & triangular bandages, painkiller, band aids, blister pads, tweezers, scissors)
- Personal medication
- Torch (& spare batteries), whistle, matches, small knife
- Toilet trowel and paper
- Sunscreen, insect repellent
- Pencil/ pen & paper
- Space blanket or emergency foil.

Walk leaders, 2ic's and anyone who wishes to, should also be equipped with:

- Map, compass, GPS
- Means of communication, e.g., mobile phone, Personal Locator Beacon (406mhz PLB), CB radio.

Clothing

- Wear sturdy enclosed footwear.
- Leave change of clothes in car for trip home
- Wear gaiters to reduce risk of snakebite

Safety

Members are encouraged to study the club website for more detailed information on safety training.

Personal Locator Beacons

The club has two Personal Locator Beacons that should be carried on all club bushwalks, and are available for all club members to use. These should be used in emergencies only. Procedures for their use are on the club website.

First Aid

All members are encouraged to do First Aid courses, and the club will subsidise the cost of the training. It is insufficient to have the walk leader only as a first aider.

Snake Bite

This is one of the more serious risks faced when bushwalking. Knee length gaiters are recommended to minimise risk when walking off-track and for any walks in summer months.

Below a summary of emergency first aid, best summarised as "pressure-immobilisation".

- Ensure there is no danger to anyone else, do not try to kill or identify the snake
- The victim must lie down, must not

walk, must not move limbs

- Do not wash the bite – traces of venom are needed for identification
- Hold a folded pad over the bite, and then apply firm bandaging extending to central parts of the body. This bandaging must not stop blood flow to the limb.
- Use a pressure bandage even if the bite is to the trunk or torso.
- Immobilise with splints, slings or whatever is available to absolutely minimise limb and body movement.
- Reassure and calm the victim.
- Bring transportation to the victim by organising emergency assistance
- Establish location on a map or by GPS.
- Alert emergency services by mobile phone, personal locator beacon.
- If necessary send two walkers for help.



Symptoms are:

- Headache
- Dizziness
- Confusion
- Cramps

Extreme dehydration will lead to heat stroke and collapse.

A good indicator of dehydration is

urination:- less often, less quantity and darker colour indicate dehydration. The cure is to drink more water more regularly:

- Start the walk well hydrated, by drinking before the activity – perhaps up to 1.5 litres in total.
- Drink 200-600ml per hour while walking – about 2 to 3 litres during a typical day's walk. Drink often using a readily accessible water bottle or hydration bladder and tube.
- Rehydrate after the walk to speed recovery. Drink about 500ml straight after the walk and up to 2-3 litres in the next 6 hours after a long and arduous walk, with the remainder of the water coming from the food eaten.

Heat Stress, Dehydration

Dehydration leads to heat-stress.

“Snake bite, heat stress and dehydration are some of the more serious risks faced when bushwalking”

Thunderstorms

The main risk is lightning strikes

Leaders should review weather forecasts and plan walks to minimise the risk of being exposed at the time of thunderstorms.

If a thunderstorm hits while on a walk, try to find a gully without tall trees and make yourself a small target by sitting in a low tight position away from trees and at least 5 metres from other people

Safer places are large buildings, and enclosed motor vehicles. Avoid open paddocks, car parks, tall trees, poles, towers, tents, pools, umbrellas, and anything that generally makes you taller and a target..

Regarding the risk of powerlines - if in a car & powerlines fall on the car, remain in the car and wait for expert help to de-energise the powerlines.

Bushfires

Bushfires pose a life-threatening risk to bushwalkers. Bushfire danger increases with hot, dry and/or windy weather. Bushfires are unpredictable. Their behaviour is related to the weather; the

amount of fuel on the ground and its flammability; and the local topography – the fire accelerating as it moves uphill and slowing downhill.

How can we minimise and manage the risks?

- Just prior to the walk, the leader should check weather forecasts and warnings <http://www.bom.gov.au/weather/qld/>; <http://www.derm.qld.gov.au/projects/park/news.cgi>. On the way to a walking area, listen to radio weather reports. The leader might well decide to postpone a walk or to change it to a safer area, or shortening the walk
- While walking in an area, keep a lookout for fire or smoke. If you see a fire, move to the nearest road, clearing or large body of water.
- If you are caught with fires around you, move to a relatively safe area or seek shelter in a vehicle. Look for an area that won't burn and where you can get protection from radiant heat.
- Move across or down hills, remembering that fires spread more quickly

up hills. Seek out an open area, e.g. rocky ground or a previously burnt area. Find a hollow in the ground. Clear litter away. Shelter behind a log or a backpack. Stay low to get cooler and less smoky air and cover your mouth and nose with a wet handkerchief. Use natural-fibre clothing to protect exposed skin from radiant heat. Drink to remain hydrated. Another safe area might be a large body of water – a dam, lake, river etc., but not an elevated water tank where the water heats up quickly. Lying down and covering yourself in a car is relatively safe. Remain in a sheltered place till the fire has passed.

- Take care not to become the cause of a bushfire. Prefer fuel stoves to campfires. Don't let fires escape. Ensure a campfire is extinguished. Note that when there are total fire bans, this means no fires of any type, including fuel stoves and cigarettes.

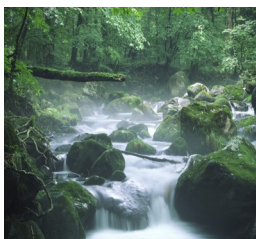


“Bushfire danger increases with hot and/or windy weather”

Minimal Environmental Impact

Protect Plants and Wildlife

Wherever possible find a way around sensitive flora. Do not feed birds and wild animals.



Keep waterways clean

Remove Rubbish

Carry out any refuse from your walk. It is no longer acceptable to burn and bury rubbish or leave it for others to remove.

Keep waterways clean

- Where there is a toilet, use it
- Bury toilet waste 150mm deep, at least 50 metres from tracks,

campsites, waterways

- Wash well away from waterways
- Drain soaps and detergents into the soil, not into waterways

Take care with Fires

- Use portable cooking stoves
- Be aware of fire bans
- Use only dead wood
- Douse the fire with water and make sure ashes are cold
- Never leave fires unattended

Camp Carefully

Use provided campsites and leave

the area in as natural state as possible.

Keep to the track

Stay on established tracks, otherwise keep on hard and open ground to avoid creating erosion.

Consider Others

Respect landowners by getting permission to walk on their land, be courteous, leave gates as you found them, stay away from livestock and crops.

Respect Our Cultural Heritage

Recognise and respect areas of special spiritual or historical significance. Obtain permission to enter these sensitive areas.

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www.bosq.bwq.org.au/

For more information,
contact the Safety
Officer.