



**BUSHWALKING GUIDELINES – updated January 2020 –
Please read before every walk!**

1. Wear and take appropriate clothing such as long sleeved tops and long trousers, and particularly hats and closed-in footwear with good grip. Take wet weather gear if needed.
2. Check with bushwalk leader as to whether walk is to go ahead in doubtful conditions such as extreme heat, heavy rain, high winds, bushfires, as the walk may be cancelled. As a general rule we will NOT walk in these conditions. Leaders' mobile phone numbers are listed below if you would like to put them in your phone's memory bank.
3. Carry plenty of water and drink same at regular intervals.
4. Take snacks, lunch, insect repellent, sunscreen etc.
5. Take particular note of the risks to be aware of on each walk. These will be notified in the monthly newsletter.
6. Carry a small first aid kit for your own personal use. Include a whistle and compression bandage. The leaders do carry first aid kits but every little bit helps. Not all leaders are qualified in first aid application.
7. Follow leader's instructions at all times.
8. Stay with the group at all times. Notice who is walking in front of and behind you. If you become lost, stay where you are, don't keep moving. Blow that whistle if you are not able to call loudly enough.
9. When you reach an intersecting path, please make sure that the person behind you knows which path to take. Wait for the stragglers to come into sight before you move on.
10. We will ask you to sign on at the commencement of the walk
11. Please make sure you have an emergency contact person's information with you to record on the sign on sheet. If you have an accident on the walk we MUST be able to phone someone with details of your situation.
12. For insurance purposes we will also ask you to SIGN OFF at the conclusion of the walk or if you leave the walk early.
13. If you intend to leave the walk before its completion, please notify the leader beforehand and then SIGN OFF when you do leave the walk.
14. Visitors are welcome but need to be known to and in the company of a CCAPS member. Visitors can do three walks with us before membership is expected of them.
15. Children and under age students, ie under 18 years of age must be accompanied by a responsible person known to them. APS walk leaders need to have a NSW Working with Children Authorization.
16. In the event of any emergency call 000 or 112 which is for when a mobile phone is locked, has insufficient credit or your provider is unavailable.
17. If bitten by a snake, contact leader immediately. If this is not practical, have someone who is walking with you ring 000 or the alternative emergency number 112.
18. Stay on the tracks and don't go beyond fenced areas, and take particular care near cliffs, waterfalls, creeks, rivers, etc.
19. Please notify the leader before the walk if you have a medical condition that requires you to carry emergency medication. This could include things like asthma puffers, heart medications, Epi pens etc. However, you are responsible for administering this medication, not the leader.
20. Please also notify the leader before the walk of any other impediment that the leader should be aware of.
21. Leave nothing but footprints. Take nothing but photos.
22. Please remember all plants, seeds, etc in National Parks are protected.
23. Leave your car locked and secure
24. Your leaders' mobile phone numbers will be in the newsletter when the walk is announced.
25. Best of all, please enjoy your walk.