

## Guide for participants

See our [Events Calendar](#) for coming walks and outings for members and guests. Our quarterly *NPA Bulletin* (March, June, September and December) also publishes the walks and outings program for the coming 3 months. These include:

**Day walks** where you are expected to carry lunch and snacks, drinks, protective clothing, a first aid kit and any required medication. You should aim to be at the meeting place 15 minutes before the advertised departure time. The leader determines the duration of a walk and expected time of return. You should factor in the possibility of delays. Contact the leader for further information about the difficulty of the walk.

**Pack walks** of two or more days where you are normally expected to carry all food and camping requirements. Contact the leader early to discuss the walk and to arrange transport.

**Car camps** where usually you need to be self-sufficient as facilities are often limited. Vehicles taken to the site can usually be used for camping although not always. Contact the leader early for details.

**Work parties** usually require you to carry the same items as for day walks plus work gloves and any tools required. As details and locations sometimes change, you need to register with the leader or check the [Events Calendar](#) for last-minute changes.

**Other activities** include ski and kayaking trips, snowshoe walks, nature rambles and environment or field guide studies. Contact the leader early for further details.

**Wednesday walks** are easy-to-medium walks or harder walks for fit and experienced club walkers arranged jointly by NPA, Brindabella Bushwalking Club and Canberra Bushwalking Club. Notification and details are emailed only to club members registered for these walks. Only NPA-hosted Wednesday Walks are shown on the Events Calendar and in the Bulletin program. For WW email registration, contact the [Outings Convener](#).

## Disclaimer

If you participate in one of our events, you do so as a volunteer and accept responsibility for any injury however incurred. NPA ACT and our office bearers and appointed leaders are absolved from any liability for injury or damage suffered while you are participating in such event.

In voluntarily participating, you should be aware that you could be exposed to hazards that could lead to risk of injury, illness or death or to loss of or damage to property. These risks could include but are not limited to hyperthermia or heat exhaustion, hypothermia, slippery loose or icy surfaces or rocks, falling rocks, exposure, snake bite, bee stings and other insect attacks, burns, drownings, stepping into unseen holes, accidents during vehicle travel to the activity, navigation errors, becoming lost, falls from cliffs or elsewhere, risks associated with crossing creeks, and risks associated with any of the Special Hazards listed on the Attendance Record and Risk Waiver Form ([available on our website](#)).

To minimise these risks, you must inform yourself about the nature of the activity and ensure that the activity is within your capabilities. You should carry food, water, medication, clothing including footwear, and equipment appropriate for the activity. You must tell the leader if you have any physical or other limitation, or any dependence on medication, that could require urgent attention during the activity. You must also confirm that any medication or limitation will not prevent you from completing the activity. You must make every effort to remain with the rest of the party during the activity, keep the leader informed of any concerns and comply with all reasonable instructions of the leader. If separated from the party, you should stop and call out and wait until the party locates you.

By signing the Attendance Record and Risk Waiver Form ([available on our website](#)) you agree that you understand these requirements and have considered the risks before you sign the form and waive any claim for damages arising from the activity that you might have against the association, the leader or any other participants in tort or contract.

## **Children under 18**

Children under 18 years of age are welcome on NPA ACT activities provided they are accompanied by a parent, guardian or close relative. A parents, guardian or close relative will be required to sign a Risk Waiver for a Child form ([available on our website](#)).

## **Insurance and ambulance cover**

You are strongly advised to have private health insurance or, at least, ambulance cover in case of an accident requiring evacuation by ambulance or helicopter.

## **Distance grading** (per day)

1. up to 10 km
2. 10km to 15km
3. 15 km to 20 km
4. above 20 km

## **Terrain grading**

- A Road, fire-trail or track
- B Open forest
- C Light scrub
- D Patches of thick scrub, regrowth
- E Rock scrambling
- F Exploratory

## **Cancellation policy**

Outdoor events, including all bushwalks and work parties, will be cancelled if bad weather is likely or in situations of extreme and catastrophic fire conditions, total fire bans, widespread flooding and other severe weather conditions as notified by the Bureau of Meteorology or Rural Fire Service. Events may also be cancelled if minimum numbers are not met, or at the leader's discretion.

## **Transport**

We suggest a passenger contribution to transport costs of 45 cents per kilometre shared by the vehicle's passengers including the driver, rounded to the nearest dollar. The amount may be varied at the leader's discretion. Drive distances shown in the program are approximate for return journeys. Leaders will announce the amount on return to the cars at the end of the walk.

## **Enquiries**

Contact the leader through the [Events Calendar](#) or the [Outings Convener](#).

## **Further information**

We advise carrying emergency information such as your name and address, name and address and contact numbers for spouse/partner/next of kin, and details of any medical problems such as allergies etc. in a waterproof zip lock bag in the top pocket of your pack.

You will find further useful information at:

[Bushwalking101](#)

[Lonely Planet Beginners Guide to Hiking](#)