

WEST AUSTRALIAN FAMILY BUSHWALKING CLUB INC: ACTIVITY SIGN-ON SHEET FOR MEMBERS

CLUB RULES

To ensure that bushwalking is a safe and enjoyable experience for all members please abide by the following rules when participating in club activities:

1. Each parent or guardian is responsible for their own safety and for the safety of children under their care, and participates in activities of the club at their own risk. 2. It is the responsibility of each parent or guardian to ensure that they have adequate water, clothing, rain and sun protection, footwear, first aid kit and food for themselves and their children on each activity. 3. Each adult may bring a maximum of three children on a club activity unless prior arrangement is made with the organiser of that activity. 4. The Western Australian Family Bushwalking Club Inc. accepts no liability for any injury, loss or damage arising from any cause whatsoever as a result of participation in Club activities. 5. Sorry no pets are allowed on club walks. 6. For safety reasons please try to ensure that your children refrain from playing with sticks and stones. 7. War toys are not welcome at club activities. 8. Make sure that parents properly bury (200 mm deep) any toilet wastes and that this is done at least 100m from streams and 200m from dams. 9. Please encourage your children to respect the bush and wildlife and remember,

“Leave nothing but footprints take nothing but photographs”

Note -Please feel free to request stops at any time for the comfort of you and your family.
-Visitors are welcome to attend up to three activities before joining the club

Date of Walk
Organiser
Name of Walk

(Please return this form to Walks Coordinator)

DECLARATION

I the undersigned have read the **RULES OF THE CLUB** and agree to abide by them. I agree to waive any claim arising out of loss of life, injury, damage, or loss of any description whatsoever which I or any child for whom I am responsible suffer as a result of participation in a club activity.

	Print Name	Contact Phone Number	Name and ages of children you are responsible for			Signature
1						
2						
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13						

ACKNOWLEDGEMENT OF RISKS AND OBLIGATIONS PLUS ACTIVITY SIGN-ON SHEET FOR NON-MEMBERS

Further to the rules of the Western Australian Family Bush Walking Club Inc overleaf, which I have read, I acknowledge that in voluntarily participating in the club activity of On/...../20 , I am aware that this may expose myself and the children for whom I am responsible to risks that could lead to injury, death, and/or loss of or damage to my property and/or the property of the children for whom I am responsible.

To minimise these risks I have endeavoured to ensure that:

- This activity is within my capabilities and the capabilities of the children for whom I am responsible.
- I am carrying food, water and equipment for myself and the children for whom I am responsible appropriate for the activity.

I have advised the activity leader if I or any of the children for whom I am responsible are taking any medication or have any physical or other limitation that might affect my participation or the participation of the children for whom I am responsible in the activity.

I will make every effort to ensure that I and the children for whom I am responsible remain with the rest of the party during the activity.

I have read, understand and will adhere to these requirements.

DECLARATION

I the undersigned have read the **RULES OF THE CLUB** (see over) and the **ACKNOWLEDGEMENT OF RISKS AND OBLIGATIONS** and agree to abide by them. I agree to waive any claim arising out of loss of life, injury, damage, or loss of any description whatsoever which I or any child for whom I am responsible suffer as a result of participation in a club activity.

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Coordinator's pre-activity checklist

- Please gather everyone together at the start of the activity (or on a walk, soon after the start) and make the following announcements.
- Please make sure everyone hears
- Please hand out 'Parents' Check List' slips to any visiting (non-member) parents and member parents who want one.
- If someone has an accident, please tell a member of the committee and write down what happened. If there is no committee member on the activity please call the president soon after the accident.

Fast walkers:

- When you come across another path, stop and wait for the others.

Everyone:

- Particular dangers of this walk are
- (eg. blackberry vines beside track, slippery rocks in water, etc.)
- Remember 'Leave nothing but footprints take nothing but photos'

Parents:

- Please remember that you are responsible for the safety and wellbeing of your children
- Visiting parents please have one of these check lists. (Please distribute check lists to member parents who want one)

(If you have any check lists left over please save them for the next activity that you co-ordinate)

Parents' safety check List

Please remember, our childrens' safety is up to us parents, not the trip co-ordinators

- Please ensure you know where your children are during club activities.
- Do your children know what to do if they become separated from you?
- Are your children carrying water and a little food?
- Are your children wearing/carrying suitable gear (eg. sturdy shoes, sunscreen, hat, raincoat, life vest, etc.)
- Are you and your children aware of the particular dangers on the activity?

toilet wastes are buried at least 100 m from streams and 200 m from dams

Let's make sure everyone returns home safe and sound