

MEMBERSHIP GUIDELINES

1. Responsibilities of Activity Participants

- Consider your personal abilities and fitness when deciding whether to participate in an activity. Leaders will do their best to keep the pace comfortable consistent with achieving the planned activity, but they also rely on individuals being realistic about how well-suited they are to the demands of the activity. See Grading System notes below.
- Arrive promptly at meeting point.
- Before the activity begins ensure the leader is aware of any medical conditions (eg. asthma, epilepsy, allergies) that you may have and which would be important to know if first aid is required.
- Ensure that you have brought food, drinks, appropriate clothing, raincoat, footwear and equipment appropriate to the planned activity.
- Enter your details and sign the activity record sheet prior to commencement of the activity.

During the activity/walk:

- Do not vary from the leader's route without first obtaining permission from the leader.
- Be sensitive towards slower walkers.
- Follow the directions of the leader.

2. Expectations of activity leaders

Activity leaders are valued and appreciated for their willingness to share their knowledge and time for the benefit of members. In order to ensure safe and enjoyable activities, leaders are expected to:

- Liaise with the activity coordinator regarding location, points of interest for members, duration and degree of difficulty and any other relevant matters. Inform the activity coordinator promptly if there is a need to cancel the activity.
- Resolve any doubts about the suitability of participants prior to commencing the activity, for example due to medical conditions, clothing or equipment.
- Check that participants have entered their details and signed the activity record sheet.
- Be alert and respond to any problems arising during the activity, for example participants falling behind the group or experiencing other difficulties.

3. Grading System

Included in the information for each activity will be a "grading". The grading system assigns to each activity a 'degree of difficulty' rating and a 'length/duration' rating. These ratings are a guide only. They are not definitive descriptions as the difficulty or duration may change according to weather conditions, track deterioration, group characteristics and so on.

- Easy: Mostly on track/indoors, generally scrub and scree free.
- Medium: Mainly moderate to rough tracks, with possible scrub and scree, limited off track.
- Hard: Rough, scrubby, mostly off track, navigation required.
- Short: Less than 4 hours
- Intermediate: 4 to 6 hours.
- Long: 6 to 10 hours, sometimes longer.

4. Cancellation of Field Nat. Activities

An outing will be cancelled if the leader deems the predicted weather to be unsafe. If an outing is to be cancelled, a global email will be sent by 7am on the Saturday morning of the outing.

If members are uncertain, it is their responsibility to contact either the President, the Secretary or the leader whose name and number are on the calendar for information. Note that phone reception is not always available so try alternative numbers or try ringing Friday night. Check website for contact details.

5. Images of Participants at Field Nats Activities

Participants on outings need to be aware that still and motion photography may occur and films and photos may be placed on-line, on our web page, in the N.E.F.N newsletter or in the N.E. Advertiser.

Film-makers also have a responsibility to notify walks co-ordinators of their intentions, then films will be viewed and approved by the executive before being made public.

PLEASE INFORM THE LEADER IF YOU DO NOT WISH TO BE INCLUDED.

6. Other Matters

a] The club does not participate in nor fund lobby groups. The club may donate to bodies that undertake environmental or other activities relevant to mission of the club.

b] Funding of costs for guest speakers and activity leaders. Secretary or Treasurer will liaise with Executive.