

UCTC Members Guidelines and Responsibilities

The Upper Clutha Tramping Club is committed to ensuring that all our activities are run in a manner that acknowledges the hazards that exist for the activity, and the club committee is committed to ensuring that there is open discussion of safety concerns, that incidents are reviewed and appropriate lessons are learned.

1. As with all outdoor activity, there is associated risk. Each member is responsible for their own preparedness and safety and is expected to learn about and recognise the signs and symptoms of heat exhaustion, heat stroke and hypothermia, and to know what to do to prevent it. It is your responsibility to ensure you have the correct equipment and are fit and able to undertake the planned trip.
2. Terrain: You should have the ability to tramp a variety of terrain and recognise when certain terrain is beyond your capabilities. Terrain can change quickly. Expect to encounter terrain from flat, undulating to very steep. A "track" may be a paved, stepped path, or a poorly defined route with a variety of conditions from hilly terrain, muddy tracks, tree roots, loose dirt or gravel and rocks, slippery tussock or rock, snow, streams and rivers and complete "bush bashes".
3. While each member has responsibility for their own preparedness and safety, you are also expected to follow the advice of your trip leader. The trip leader has the right to tell people the trip is unsuitable for them due to insufficient gear, lack of experience or fitness, known issues, or non-adherence to the club guidelines.
4. Leaders should carry a beacon and first aid kit and nominate a "tail end Charlie". Each member should also carry a personal first aid kit.
5. If you are new to tramping in NZ or haven't tramped for a while, you should develop your fitness and be conservative as to which tramp(s) you choose to join. For overnight or multi day trips you must have recently been on a day walk of the appropriate grade, while accepting that even then as with all trips your place is not guaranteed.
6. You must advise the trip leader of any medical conditions that could be a problem on the trip. You are responsible for any medications you may require.
7. In the event of a possible emergency, the trip leader will consider all opinions and make the final call as to how to proceed, using the skills of the team. Every effort will be made to resolve the situation, but the outcome cannot be guaranteed and there may be no absolute right or wrong way to handle the event. Find out how you can help be calm, contribute ideas, listen to others, and give the leader time to think. Help look after everyone in the party with shelter, food, drink and stress management.

8. Anticipate unexpected changes in weather conditions by bringing rain gear, plenty of fluids and warm clothing. The weather we see at home may not be the same as that where we will be walking that day. Conditions can change very rapidly in the NZ outdoor environment, even on sunny days.

9. Walk at a comfortable but steady pace, ensuring you have energy in reserve. Always remain in sight of the person behind you and stop as necessary to wait for others to catch up, and ensure no one has taken a wrong turn. If you are new to the club or are uncertain of the direction, stay with the group and maintain voice contact. On less well marked tracks the group should walk together. Tell someone if you need to stop or leave the track for a toilet stop or any other reason, leaving your pack on the track.

10. Advise the leader if you are not comfortable with any aspect of the trip, to prevent small problems from becoming big problems.

11. In the event of becoming "Geographically Embarrassed", stay where you are. Blow your whistle if you have one. As for all emergencies, follow the **STOP** principle:

- **STOP** take a breath, sit down and remain calm
- **THINK**, look around you, listen, brainstorm options
- **OBSERVE** what is around you, evaluate the possible consequences
- **PLAN** what to do, what is necessary to keep alive, then act. Water shelter, warmth and the will to survive are the essential elements to your survival, but if in doubt STAY PUT.

12. Be aware of rivers. IF IN DOUBT DO NOT CROSS.

UCTC Committee

30 May 2021