

INSTRUCTIONS FOR LEADERS OF BUSHWALKS WINMALEE CHRISTIAN CONFERENCE CENTRE

All Bushwalks should be planned & The Camp Group Coordinator must be aware of any walks being done by any Group members. These instructions apply to people leading campers from Winmalee Christian Conference Centre on the bushwalks near the Conference Centre. They are provided to help ensure that leaders plan their activity and take appropriate precautions to protect the safety and wellbeing of all those participating.

Leaders should:

- Inform Camp Coordinator of planned route & proposed time of return.
- Be at least 18 years of age.
- Be familiar with the map (available from the Conference Centre) and with these instructions (Winmalee Christian Conference Centre is not responsible for the marking of offsite tracks).
- Hold a current Senior First Aid Certificate, if possible.
- Take all reasonable care and diligence to help ensure the care and safety of the walkers,
- Take a first aid kit & salt for leeches (yours or one from the Conference Centre).
- Take a UHF radio (available from Conference Centre) & mobile phone. Note UHF radio & mobile phones have poor or no reception in valleys.

Health and Safety precautions:

- Bushwalks should not be attempted in rain or threatening storm activity, high wind, bushfire or threat of bushfire activity. (Check with Site Manager if unsure)
- Know the number of people on the walk and allocate someone to walk at the rear.
- Have no more than 20 participants per leader.
- Plan walk so as to have sufficient time to return well before dusk.
- Ensure that walkers are fit enough - the 'medium' walks require a degree of agility and fitness.
- Ensure that walkers bring sufficient water & food, appropriate clothing & sun protection.
- Warn walkers that the tracks are not even & can be slippery, particularly when it is wet.
- Warn walkers of danger near cliffs (Cliffs are not fenced).
- Don't drink water from the watercourses.
- Beware of biting ants in valleys. Leeches & ticks are found sometimes.
- Asthma sufferers or anyone with a heart condition should carry their medication with them as a precaution.

Practice minimum impact bushwalking, such as:

- Keep to marked tracks.
- Protect flora and fauna.
- The lighting of fires is prohibited.
- Retain garbage for disposal at Conference Centre.

Emergency Response

- First Aid procedures should be applied.
- The closest access point for most offsite walks is the fire trail at the end of Whitecross Road, Winmalee.
- In the event of emergencies contact:
- Site Manager, 59 Leslie Street, Winmalee. Mobile phones may have reception on ridge top. Phone 02 4754 2588. Use UHF Radio on ridge top.
- Phone 000 or 112 on mobile phones for Ambulance, Police etc.