



CBC HANDBOOK

2005

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CONTENTS

INTRODUCTION	3
ABOUT THE CLUB	3
The Catholic Bushwalking Club	3
Objectives of the Club	
History	
Role of the Catholic Church in the Club	
Membership	
How is the Club Organised & Managed?	4
Incorporation	
The Constitution	
The Committee	
Meetings	
How do I Join & What does it Cost?	5
Prospective membership	
The Membership Secretary	
Will I be accepted for membership if I apply?	
Membership fees	
Other Useful Information About the Club	6
Social activities	
The CBC News	
<i>The Waysider</i>	
The Annual Report	
Insurances	
The Shack & Wooglemai	
The Marathon	
The Confederation of Bushwalking Clubs NSW Inc	
ABOUT BUSHWALKING	8
Bushwalking	8
What is Bushwalking?	
Care for others	
Care for the environment	
The Bushwalkers Code	
Other walking related activities	
How are Walks Organised & Graded	9
The Walks Secretary	
The walks program	
The walk leader	
Grading of walks	
How do I get to a walk?	
What happens on a walk?	
What happens after a walk is completed?	
Overdue walkers	

What to Take & What to Wear	11
What to take?	
What to wear?	
Safety & First Aid	13
Safety & care for yourself & others	
First aid training	
Personal first aid kit	
First aid action list	
What if I get separated from the party?	
Map Reading & Navigation	15
A map	
Scale	
Legend	
Grid Lines	
Grid references	
Compass	
Declination	
Orienting the map	
Bearings	
Contours	
Stream & ridge patterns	
How to set a route and to navigate using a map and compass	
Addendum	22
Information for 2001	

INTRODUCTION

This Handbook has been prepared to give you some information about the Catholic Bushwalking Club Inc and about applying for membership of the Club and to also give you an overview of bushwalking. It is intended primarily for use by those who are new to the Club or to bushwalking.

This Handbook is written with the presumption that you have already applied for prospective membership of the Club. If however you do not know how to go about applying for prospective membership or if you wish to try bushwalking before applying then you should contact the Membership Secretary - contact details are given in the addendum to the Handbook.

ABOUT THE CLUB

THE CATHOLIC BUSHWALKING CLUB

Objectives of the Club

The objectives of the Club are:

- To provide a Catholic organisation whose members co-operate to pursue an active interest in bushwalking.
- To foster appreciation of bushwalking.
- To encourage and practise preservation of wildlife and conservation of the bush.
- To promote social activity amongst members.

History

The Club was founded in 1943 by a small group of Catholics with an interest in bushwalking. Through the Club they found the opportunity to enjoy their bushwalking in the company of people whose Catholic faith they shared.

Whilst much has changed since the beginning of the Club our common interest in bushwalking and our Catholic faith are still central to what we share as members of the Club.

Membership continues to grow each year - at December 2000 membership was 450 and of these 92 were active walkers (ie completed 8 or more walks during the year) and 266 were walkers (ie completed 1 or more walks during the year).

In 2000 Club members participated in 205 walks.

The Club is incorporated under the Associations Incorporation Act, 1984 and through incorporation its members enjoy the legal protection and benefits of being part of an incorporated association.

Role of the Catholic Church in the Club

The Club is a Catholic organisation within the Archdiocese of Sydney.

A Spiritual Director is appointed by the Archbishop and that person oversees the spiritual activities of the Club.

The Archbishop may exercise such power and control over the Club as he sees fit, although in practice he leaves the running of the Club to the members and to the committee.

Membership

Club membership is open to those aged over 16 years of age, who have satisfied the requirements for admission to membership and who have paid the prescribed fees.

The types of membership offered by the Club are:

- Honorary Membership.
- Ordinary Membership.
- Associate Membership.

Honorary and Ordinary Membership is available to those who are Catholics.

Honorary Membership may be conferred upon selected members in recognition of their distinguished service in furthering the ideals and objectives of the Club.

Most of the Club's members hold Ordinary Membership.

Non-Catholics may be admitted to Associate Membership and as Associate Members they enjoy all of the privileges of membership except that they may not speak or vote at meetings and are ineligible for nomination to the committee.

HOW IS THE CLUB ORGANISED & MANAGED?

Incorporation

Incorporation under the Associations Incorporation Act 1984 provides the Club and its members with the following benefits:

- The Club is a legal entity, separate from the individual members.
- The Club continues irregardless of change in membership.
- The Club can enter into and enforce contracts.
- Assets obtained by the Club are held for the benefit of all members.
- The Club has corporate status.

The Constitution

The Club's administration, control and activities are directed by a constitution which complies with the requirements of the Associations Incorporation Act 1984.

The Club's constitution may only be amended by a special resolution of eligible members.

The General Secretary can supply you with a copy of the Club's constitution upon request.

The Committee

The committee manages the Club on behalf of members and in accordance with its constitution and the requirements of the Associations Incorporation Act.

The committee positions are:

- Chaplain
- President.
- Vice President.
- General Secretary.
- Assistant Secretary.
- Walks Secretary.
- Walks Recorder.
- Membership Secretary.
- Treasurer.
- Social Secretary.

Committee members (apart from the Chaplain, who is appointed by the Archbishop) hold office for 1 year and are elected at each annual general meeting from those Honorary and Ordinary members who are active walkers (i.e. those

who have completed 8 or more Club walks in the previous year). Therefore the committee is elected from those members who have shown a current active interest in walking with the Club.

Meetings

The Club holds its annual general meeting in March each year and general meetings are held every second month.

Honorary and Ordinary Members are welcome to attend and to participate in general meetings.

Associate Members and prospective members are welcome to attend general meetings to observe the proceedings.

The committee meets once a month and only committee members attend those meetings, unless the committee decides otherwise in a specific circumstance.

Meetings are held at the location noted in the addendum and details of meetings are published in the social program section of the CBC News.

HOW DO I JOIN & WHAT DOES IT COST?

Prospective membership

Before being considered for admission to the Club an applicant is required to pay the prescribed fees, complete a probationary period as a prospective member and agree to abide by the Club's constitution.

A prospective member, as part of their membership application process, completes a minimum of 4 Club walks of a G2 or higher standard over a probationary period of 4 months (the grading of walks is explained on page 10).

Each prospective member is given an introduction to map reading and navigation from a committee member and shows a committee member that they possess the appropriate equipment for bushwalking.

The Membership Secretary

The Membership Secretary is the person on the Club's committee who takes new membership inquiries, who introduces the Club to prospective new members and who oversees the process whereby prospective members complete their probationary period and are accepted into (or declined by) the Club.

If you have any questions regarding the Club, prospective membership, the probationary period, membership qualifications or fees you should direct them to the Membership Secretary. Details of how to contact the Membership Secretary are given in the addendum.

Will I be accepted for membership if I apply?

After completing the required walks during the probationary period an applicant completes and sends an application for admission form to the Club and pays the balance of the membership fees.

The committee then considers the application, along with the walks leaders' reports on an applicant and decides if the person should be admitted to the Club and if so the class of membership to which they are to be admitted. Not all membership applications are accepted.

Membership fees

The members of the Club set the membership fees, no more frequently than once each year (usually towards the end of the year as fee notices are normally sent out in December).

Current fees are given in the addendum.

A husband and wife pay one membership fee between them and full time students (under 22) pay 50% of the relevant fee.

Prospective members pay approx. 50% of the fee on applying for prospective membership and the balance when they apply for membership, after completing the probationary period.

Your annual membership fees include one year's subscription to *The Waysider* and the CBC News, both of which will be posted to you each second month.

OTHER USEFUL INFORMATION ABOUT THE CLUB

Social Activities

As well as bushwalking and other outdoor activities the Club offers to its members a range of social activities and these are detailed in the social program section in the CBC News.

The CBC News

The Club publishes the CBC News each second month.

The CBC News contains both the walks and social programs for the forthcoming 2 months together with all necessary information for those who wish to participate in a particular activity.

The Waysider

The Waysider is the Club's magazine and it contains articles of interest to members about walks held, the Club, the environment, bushwalking and about social activities. Contributions are welcomed from all members.

The Waysider is edited, printed, assembled and posted (together with the CBC News) by a dedicated group of volunteers.

Prospective members and new members are encouraged to help with the printing and assembling of *The Waysider* - it gives you a great opportunity to meet and socialise with other Club members. The social program section of the CBC News gives the dates and places where *The Waysider* is prepared.

Web Page

The Club maintains its own Web page at <http://www.cbcsnw.org.au>

The Annual Report

In February each year the Club prepares an annual report and posts it to members. Members who join the Club after February in any year may obtain a copy of the latest annual report through the Membership Secretary.

The annual report provides details of what happened in the Club in the past year and also provides a list of names, addresses and telephone numbers of members current at the date of publication.

The annual report is considered by members, and if accepted, is adopted at the annual general meeting.

Insurances

Under the Associations Incorporation Act the Club is required to hold public liability insurance and in addition the National Parks & Wildlife Service of NSW requires groups who organise activities in NSW national parks to hold public liability insurance. The Club maintains the required public liability insurance coverage through Catholic Church Insurances.

The Shack & Wooglemai

As a new member of the Club you will soon come to hear members talk of both the Shack (“Kiaramba”) and Wooglemai.

The Shack is in fact two buildings and a chapel situated on a freehold parcel of land in the southern part of the Blue Mountains National Park.

Wooglemai is a property containing a number of buildings, a chapel and a shrine to Our Lady located near Oakdale.

Both of these properties are owned by an incorporated association, Guntawang Catholic Youth Centres Inc - a non-profit charitable association which provides an opportunity for youth to experience the Australian bush and to participate in bushcraft activities.

Guntawang and its properties are not a part of the Catholic Bushwalking Club however Guntawang has a long association with the Club and some of Guntawang’s members are members of the Club.

By arrangement with Guntawang, the Club has in the past held a number of activities at the Guntawang properties and subject to their agreement hopes to continue to do so, these are:

- Easter - walk to and weekend at the Shack.
- May - mass and devotions to Our Lady held at the chapel and shrine at Wooglemai.
- June long weekend - walk to the Shack.
- August - annual Club marathon to the Shack.
- December - children’s Christmas party at Wooglemai.

The Marathon

On the last Saturday in August each year the Club arranges “The Marathon” where members organise themselves into teams and compete against other teams to be the first to walk into the Shack in a day.

The Marathon is regulated by rules set each year by the Walks Secretary. Routes are submitted, approved and graded beforehand and times are set for each party.

In 2005, Club members competed, under the following rules, for 3 different trophies in the Marathon:

- The General Trophy - open to all eligible parties.
- The Judith Burke Trophy - open to all eligible parties with at least one female member.
- The Joe Levey Trophy - open to all eligible parties with 4 or more members.

ABOUT BUSHWALKING

BUSHWALKING

What is Bushwalking?

Bushwalking with the Club involves a variety of activities centred upon the outdoors and the bush.

Bushwalking can range from a stroll along a maintained path; to a trek through untracked scrub, where bush navigation skills are required; right through to a very difficult and sometimes challenging adventure requiring a high level of fitness, stamina, a head for heights and well developed navigation skills.

Care for others

Safe bushwalking is a group activity and, apart from very simple walks, normally involves a minimum party size of 3 or 4 (thereby allowing 1 or more to go for assistance in the event of an accident and at least 1 to remain with the injured person).

Bushwalkers are alert to the needs of and, when required, assist their fellow walkers.

The rate of progress of a bushwalking party is always governed by that of the weakest/slowest member and not that of the strongest/fastest. It is equally as important for a weak or inexperienced walker not to go on a walk that is beyond their ability or experience and spoil the day for the others as it is for a strong walker not to push a weaker walker beyond their ability and thereby expose them to accident or exhaustion.

Care for the environment

Bushwalking cannot exist without the bush within which we walk. Therefore all bushwalkers must do whatever is reasonable to help preserve our bush environment.

Preservation of our bush environment can include obvious things such as carrying out our rubbish and that left by others to less obvious things such as limiting party numbers in fragile areas, not washing with soaps or detergents near watercourses, not marking tracks so as to encourage others to follow specific paths, keeping out of areas recently damaged by bushfires.

Preserving of our bush environment may also at times mean keeping to a marked track so as to not disturb the fragile ground, and at other times not walking in single file over fragile untracked country. Common sense prevails - we pick the route that is least likely to damage the environment and we disturb our bush as little as possible!

The Bushwalkers Code

Bushwalkers have a code for caring for the bush that is referred to as Minimal Impact Bushwalking and it is simply summarised by the words "*take nothing but photographs and memories, leave nothing but footprints*".

The Confederation of Bushwalking Clubs NSW Inc has published an excellent document entitled *The Bushwalkers Code*, which sets out a number of simple rules for bushwalking and care of the environment. Copies of this publication may be obtained through the Club or from Confederation (it is available on Confederation's Web page) and it is recommended reading for all bushwalkers.

Other walking related activities

Whilst its principal activity is bushwalking the Club often offers members a range of other outdoor activities including canyoning, mountain bike riding, canoeing, caving, abseiling, rock climbing, camping and cross-country skiing. Ask the Membership Secretary or another committee member if you want to find out more about any of these activities.

HOW ARE WALKS ORGANISED & GRADED

The Walks Secretary

The Walks Secretary is the member of the Club's committee who is responsible for putting together the walks program.

The Walks Secretary is elected from those Club members who have extensive experience in bushwalking, but as with all other official Club positions the Walks Secretary is helped in arranging the walks program by other Club members. All sensible contributions to the walks program are welcomed.

The walks program

Each second month, commencing with January, the Club publishes in the CBC News the program of walks for the next 2 months.

The walks program normally includes at least 1 walk each weekend and often includes more than 1 weekend walk and some midweek walks (in 2005 the Club held an average of >4 walks each week, the majority of which were held on weekends).

The walks program gives details of the walks, leaders, grading, special equipment and experience required, notification needed and how to get to each walk.

The Club holds walks in a variety of locations, including some interstate. Day walks are usually held within a reasonable travelling distance of Sydney (generally requiring not more than 2 or 3 hours travel each way). Therefore Blue Mountains, Bouddi, Brisbane Waters, Budawang, Dharug, Kanangra Boyd, Ku-ring-gai, Marramarra, Morton, Royal and Wollemi National Parks are some of the areas often programmed for day walks.

The programmed information regarding a walk is the best then available to the Club. However, due to changed circumstances since the Club previously held a particular walk (bushfires, floods, area closures etc), or due to lack of detailed knowledge of an area, some of the programmed information may be inaccurate. For this reason some walks may turn out to be more difficult than programmed or may have to be cancelled or re-routed at the last minute. All participants should be prepared for the unexpected.

If you have any doubt about the likely difficulty of a walk, your ability to complete a walk or the adequacy of your equipment you should always speak to the nominated leader and discuss the walk regardless of whether the program requires you to contact the leader beforehand.

The walk leader

A leader is assigned by the Walks Secretary to organise and lead each walk (usually the person who proposes the walk).

The leader organises the walk, has the authority of the Club for leading the walk, makes the final decision as to who may attend the walk and the leader's advice should be followed by those attending the walk.

It is up to all to assist the leader and to help other party members who may have forgotten to bring a necessary piece of clothing or equipment or who may be finding a walk more difficult than expected.

Where the party is large (say >8) it is expected that one member of the party will volunteer to assist the leader and walk at the rear of the party to help the slower walkers.

Grading of walks

All walks are graded in accordance with their expected level of difficulty.

The gradings applied to walks are:

- **G3** Easy walk - generally short &/or flat (should be suitable for all but the ill or infirm).
- **G2** Medium - moderate exertion (most walkers should be able to cope).
- **G2+** Medium - less favourable terrain (often off track, sense of adventure may be required).
- **G1** Harder - longer walk &/or over more difficult terrain (unfit or inexperienced walkers may have difficulty).

- **G1+** Difficult - longer, more hilly or technical (not for the unfit or inexperienced).
- **G0** Very difficult or exploratory or both (unfit or inexperienced walkers must not attend).

As the grading applied to each walk relies upon individual estimation of the difficulty of the particular walk it is not precise. Walkers need to take account of the imprecise nature of the walks gradings when deciding which walk may be suitable for them.

How do I get to a walk?

The walks program will give details as to any notice required, the meeting time, meeting place and means of transport that will be used to get to and from each walk.

Leaders are not able to wait at the appointed meeting place beyond the scheduled departure time. Therefore if intending walkers are late, for whatever reason, they may find that the party has departed without them.

On “train” walks participants usually travel to the walk in the first carriage of the train and return in the last carriage, however the walks program should always be consulted in case of change.

The usual car meeting places are either the northern entrance to Strathfield Station or behind the Ampol garage at Glenbrook, however meeting places can vary depending upon the walk - check the program.

The majority of walks require car transport and it is left to participants to arrange cars between themselves - this is usually done at the meeting place after all participants have arrived.

For walks requiring prior notification the leader will usually plan car transport well before the day of the walk. Therefore early notification of your attendance makes the leader’s task easier and avoids the need for last minute re-arrangements.

For car transport walks that do not require prior notification the leader will be unaware of likely attendance and the Club cannot guarantee that transport will be available for all who would like to attend.

For the above reason all intending walkers, who have access to a motor vehicle, are encouraged to take their vehicle to the meeting place as it may be needed to transport others. Vehicles will of course be rationalised and those which are not required will be left behind.

All passengers should offer to contribute towards fuel and tollway costs.

What happens on a walk

Visitors, prospective members and new members can expect to be welcomed into the party and introduced to all. However if for some reason you have not been introduced to a member of the party don’t be afraid to introduce yourself - walkers are a friendly bunch and bushwalking is all about enjoying the bush in the company of others.

At the start of a walk the leader will give members a general description of the walk and the points of interest to look out for, will ask if all members have the correct equipment (especially water, food, protective clothing and any necessary safety equipment), and will arrange a “circle” where each member introduces themselves to the others.

On the walk it is important that all party members keep reasonably closely together and it is important that the leader is advised immediately if a party member is lagging, is finding the going difficult or has wandered off.

Even though you are fit enough or feel that the party is moving too slowly do not race ahead of the group as you may miss a point of interest, or a turnoff or you may even become lost.

If you find the going harder than expected and have trouble keeping up with the party let the leader know immediately. If you allow yourself to fall behind you may become lost.

What happens after a walk is completed?

After a walk is completed all members must check with the leader before departing for home otherwise the leader may be uncertain as to whether a party member has become lost.

Abseiling ropes are very expensive and for safety reasons need to be replaced quite often. After a walk that involves use of the Club's ropes the leader will ask you to make a payment towards the cost of replacing worn ropes. The current Club rope usage charge is given in the addendum.

Members should thank the leader for arranging and leading the walk, the leader's role is a voluntary one and without leaders we wouldn't have walks.

Often members decide to have a cup of coffee or a meal together after a walk.

Overdue walkers

Occasionally, due to unforeseen circumstances, a walk may finish later than expected (in extreme cases, even on the next day!).

To ensure that unnecessary calls to emergency services are not made, before leaving for a walk please convey the following to any person who may be concerned if you are late returning:

The programmed walk details, the expected time of return and an indication of the extra time that ought to be allowed in case things do not go entirely to plan.

- The ***Overdue Parties - Procedures*** found on the front cover of the CBC News and advise them to contact one of the people listed, but only if in genuine doubt as to your safe return.
- Ask them not to contact Bushwalkers Wilderness Rescue, the police or any other emergency services.
- Ask them to make a reasonable allowance for the walk taking longer than expected (it is not uncommon for, say, a G1 or G0 day walk to finish well after dark and on rare occasions even on the next day - particularly if the walk is in an area not previously walked by the Club).

WHAT TO TAKE & WHAT TO WEAR

In this section are checklists of what you should consider taking and wearing on a day walk out of Sydney.

On a bushwalk you depend upon the equipment, food, water and clothing which you carry with you, therefore you must ensure that you are properly equipped for whatever may happen on a particular walk. The requirements will vary depending upon the weather and the walking conditions likely to be encountered.

If you have any doubt as to what you should take or wear you should discuss this with the leader well before the start of the walk. The leader will be unable to help you if you arrive for the walk and only then discover that you have not brought an essential piece of equipment or clothing - you may well be forced to miss going on the walk.

DO NOT RELY UPON OTHERS TO SUPPLY YOU WITH FOOD, DRINK OR A NECESSARY PIECE OF CLOTHING OR EQUIPMENT THAT YOU MAY HAVE FORGOTTEN!

Sometimes the leader will carry equipment for common use by the party such as abseiling ropes, a scramble rope, a camp stove. If you are relying upon the leader to bring some common piece of equipment for use by the party, check before attending the walk.

Remember that daytime temperatures in the Blue Mountains can easily exceed 35°C in summer, can drop below 0°C in winter and temperature variations of 20°C or more in a day are not uncommon. In the Snowy Mountains weather conditions can be even more unforgiving.

Planning of equipment, food, clothing and shelter required for a camp trip requires special consideration and is therefore not covered in this Handbook - experienced Club members can help you to decide what you need to take on your first camp trip. If in doubt, ask the walk leader or one of the committee for help.

What to take?

The maximum weight a person can comfortably carry on their back on a bushwalk is approximately 25% of their body weight. Therefore if you weigh 80 kg your pack should normally not weigh much more than 20 kg. A pack for a day walk should usually weigh a lot less than this - probably no more than 5 to 10 kg.

Below is checklist of what to take with you on a day walk held near Sydney (if extreme conditions are likely to be encountered extra equipment may be required - ask for advice as to what to take in these circumstances or if you have any doubts):

- Backpack (robust and adequate size - 30 to 40 litres is a good size for a daypack or a little bigger if you are going canyoning - make sure all your gear, including ropes, fits inside the pack otherwise you are likely to experience problems when negotiating scrubby parts of the walk).
- Waterproof pack liner (a plastic garbage bag is fine - 2 or 3 needed for canyons).
- Sufficient water in a strong, non-glass, water bottle (at least 1 litre - take more in hot weather).
- An adequate lunch (packed so that it will not squash).
- Snacks, lollies, chocolate & fruit (soft fruit should be avoided or well packed).
- Rain jacket (robust enough to take the rigours of scrub, preferably made from breathable waterproof fabric and long enough to cover your shorts).
- Woollen or synthetic fabric jumper (cotton gets cold when wet and is unsuitable).
- Spare boot laces.
- Plastic mug (often some kind member brings a stove and makes a cup of tea).
- Lightweight, small, water resistant torch with spare globe & batteries.
- Sunscreen.
- Matches (in a waterproof container).
- Small personal first aid kit (see the section on first aid on page 14).
- Toilet paper.
- Rubbish bag.
- Whistle (for attracting attention of the others if you become separated from the party).
- Money (for fares, tolls, contribution to petrol, food or drinks after the walk).
- Swimming costume (in summertime).
- Overpants (if it is likely to be very wet or cold or if extensive scrub is expected).
- Woollen or synthetic thermal underwear (if cold conditions are likely to be encountered).
- Gloves and balaclava (if cold conditions are likely to be encountered).
- Gaiters (can be useful to protect exposed legs from scrub or in very muddy conditions).
- Insect repellent (can be useful to prevent leech attack) - optional.
- Camera or binoculars (lightweight and robust) - optional.

There are a number of good outdoors equipment shops in the city and suburbs which have an extensive range of packs, clothing, boots and bushwalking equipment. Boots - Great Outdoors, Alp Sport and Mountain Equipment have generously supported the Club - they each sell a wide range of quality bushwalking and camping gear.

It is not necessary to buy lots of the latest expensive "high tech" walking gear to enjoy a day walk and new walkers are advised to keep equipment expenditure to the essentials until they are satisfied that they intend to continue with bushwalking.

Below is a checklist of what to leave in the car for use after a day walk (with a train walk you cannot of course take these additional items):

- Change of clothes (you will often arrive back at the car wet or dirty).
- A warm jacket/pullover (the jacket you take on the walk may become wet).
- Change of shoes (car owners may take exception to muddy boots on their clean carpet).
- A drink (cool in summer, hot in winter) and a snack.

What to wear?

The clothing you wear on a bushwalk must be comfortable, robust, not have loose or flapping pieces and be that which you do not mind getting dirty or torn. Practicality rather than fashion apply for bushwalking.

With bushwalking it is advisable to adopt the "layer principle" in dressing - ie take several light layers that can be adjusted through the day to suit your temperature requirements rather than one heavy layer.

Many walkers find that wearing two pairs of socks (a thinner pair inside) helps them to avoid blisters. If you intend to adopt this technique make sure your footwear is appropriately sized.

Correctly fitting and comfortable footwear is essential and must have sufficient length so that your toes will not rub against the front when descending steep slopes.

Following is a checklist of what to wear on a summertime day bushwalk near Sydney:

- Shorts (jeans or other cotton long pants get cold when wet and can make scrambling difficult).
- Shirt (comfortable, not too loose fitting and preferably with long sleeves and a collar).
- Correctly fitting boots, sandshoes or joggers (with a good tread for slippery rocks).
- Quality, soft natural fibre socks (very thin or rough fabric socks can promote blisters).
- Hat (with a brim all round - baseball style caps are not suitable).
- Sunglasses.
- A watch (one that you don't mind getting scratched or dirty).

SAFETY & FIRST AID

Safety & care for yourself & others

To participate in a Club walk you must provide your own personal safety equipment appropriate to the particular walk. For example on walks involving abseiling each member will need to take their own safe harness, descender, gloves and safety helmet. On caving trips each member will need to take 1 or 2 torches, spare globes and batteries, abseiling gear, ascending gear (if abseiling and ascending is involved), protective clothes and safety helmet.

The Club recommends the use of safety helmets on all walks where there could be risk of head injury.

Where slippery rocks are likely to be encountered footwear with a good grip, such as Dunlop Volley (or Dunlop Volley Classic) sandshoes, is recommended.

Eye protection is also important especially when heavy high scrub or strong sunlight is expected.

All walkers are responsible for their own safety and, as well, must look out for that of their fellow walkers - particular care is required when near cliff edges, or when on steep, slippery or loose ground.

First aid training

The Club recommends that you complete a recognised first aid course, such as the St John Ambulance Senior First Aid Certificate or equivalent.

Attendance at the first aid courses organised by Confederation may be booked through the Membership Secretary - payment of a fee is required.

Personal first aid kit

Essential: (should be carried by every walker)

- 1 - Container (e.g. zippered pouch in waterproof plastic bag)
- 2 - 10cm x 2m heavy duty crepe bandages
- 1 - 8cm x 10cm waterproof island dressing
- 1 - Triangular bandage
- Adhesive strips or patches - for cuts, abrasions & blisters
- 2.5cm x 5m waterproof tape - for fixing bandages
- Antiseptic (e.g. Betadine) - to sterilise wounds or to treat water
- Medcream (or similar, antiseptic cream) - abrasions, chafing, bites & stings
- Safety pins - 2 to 4
- Personal medical supplies (e.g. Ventolin)
- Pain killing tablets (should not be used following serious injury if anaesthetic is likely to be administered)
- Notebook and pen (for recording the condition of a casualty)

Optional (recommended):

- Antihistamine tablets
- 1 - Emergency reflective foil blanket - to keep casualty warm & for signalling
- 5cm x 7cm non-adherent wound dressing pad (e.g. Telfa)
- Splinter probe - double ended
- Strong slant tweezers S/S or gold tipped - for splinter removal
- Strong needle & thread
- Scissors & nail clippers (long toenails can = blisters or lost toenails)

First aid action list

1. **DANGER:** To you, others, or the casualty - don't become the next victim.
2. **DO NOT ATTEMPT:** EAR, CPR or any advanced first aid procedure and do not move the casualty unless you have completed a recognised first aid course, your certification is current and you are sure that your attempts to help will not put the casualty at further risk - *well meaning but uninformed efforts to help can significantly increase the risk of permanent injury to the casualty!*
3. **SPINAL INJURIES CAN PARALYSE:** Do not move a person if there is any chance of neck or spinal injury *except* in extreme cases and then only where you are *certain* that failure to do so *will* expose the person to more serious danger.
4. **CONTROL BLEEDING & COVER WOUNDS:** Clean wounds, apply antiseptic and dressing.
5. **BLISTERS:** Stop and treat for blisters immediately you feel that one could be developing.
6. **IMMOBILISE FRACTURES:** Above & below fracture using bandages, splints, slings.
7. **SNAKE BITE:** Do *not* wash off venom, cut or suck the bite area, *immediately* apply a firm pressure bandage (not constrictive) from puncture site to limb extremity and back to cover the entire limb, apply a splint to keep the limb immobilised and keep the casualty at rest. If possible and without taking any personal risk, try to identify the snake species, for use in treatment. Arrange emergency evacuation of the casualty.
8. **SHOCK:** Lay casualty down, raise legs, keep warm & comfortable & reassure them.
Do not give anything to eat or drink, moisten lips, loosen tight clothes/belts.
Monitor pulse, breathing, skin, temperature, fluids. Record condition every 30 minutes.
9. **ENSURE CASUALTY IS KEPT WARM & COMFORTABLE:** Until emergency help arrives - cared for by the most experienced first aider. Alleviate pressure points.
10. **ESTABLISH LOCATION:** Establish map co-ordinates of location of casualty and of clear, safe area for helicopter landing (or route for rescue team arrival).
Identify any features that may be a hazard for a helicopter landing or for the rescue party.
Establish signalling system (fire, mirror etc) to indicate location and lighting if night landing/rescue is expected.
11. **SEND FOR HELP:** If no UHF, CB or mobile phone - send 2 walkers for help to *nearest phone* (farmhouse, car etc).
If group has UHF, CB or mobile phone climb to high, open, ground and try calling for help. If contact can be made send distress call on emergency channel - UHF Ch 5, also try Ch 11 & Ch 40 - scan all channels for contacts. Send *MAYDAY! MAYDAY! THIS IS A MEDICAL EMERGENCY, PLEASE RESPOND, OVER* (& repeat).
If no success then walk out for help.
12. **FOLLOW INSTRUCTIONS:** From the helicopter pilot or the rescue party leader. Do not approach the helicopter until instructed to do so by the pilot.

What if I get separated from the party?

Safe bushwalking requires you to walk with the party and if you have been following the guidelines in this Handbook you should not become separated from the party.

If you do need to stop for whatever reason it is essential that you let someone in the party know, that you receive confirmation the others note you have stopped and that you have established the party intends to wait for you.

If you do become separated from the party, immediately you realise you are separated from the party, use your whistle or call out to them as loudly as you can. Listen between signals for any reply, make sure you are signalling in the direction the party should have gone and make sure that the sound of your signals will not be blocked by physical obstructions.

If your signals are unanswered you should remain where you are and wait patiently and, unless in danger, you should not move from your present position. Eventually someone will notice that you are missing and will come back for you. The leader should keep count of the number of people in the party and check regularly to see that all are there. It should not be too long before help arrives - by waiting quietly you get a chance to observe birds and other wildlife that you may not otherwise see.

If the worst happens and you are left out overnight, do not wander from the place where you became separated from the party because that is the place to which the rescue team will first come to look for you. Naturally you may need to find shelter for the night, which could necessitate moving off the track. If you have to do this leave clear markings to indicate where you have gone and then return to that place as early as possible the next morning and await the rescue team.

If you choose to ignore the advice given in this section and self rescue but do not meet up with the party again that day then go *immediately* to the nearest telephone and ring one of the people named on the *Overdue Parties - Procedures*

list (on the front page of the CBC News) and inform them that you are safe. Otherwise a futile rescue may be attempted and you could be unnecessarily putting the safety of your fellow Club members or rescue services personnel at risk. Also as soon as you get home ring the leader to confirm your safe arrival.

MAP READING & NAVIGATION

“Why bother about map reading and navigation - isn’t that the leader’s job?” A good question!

In brief because it is important for the safety of all Club members that all on a walk can read a map and navigate - you never know when the leader may be hurt and you may be called upon to go for help. Also your walk will be more enjoyable if you are confident that you can find your way to the destination and even more importantly your way back.

This part of the Handbook gives you an introduction to map reading, use of a compass and bush navigation.

THE GOLDEN RULE OF NAVIGATING IS: KNOW WHERE YOU ARE WHEN YOU START.

If you don’t know where you are at the start of a walk, a map and a compass will be of no value, you will be lost all day and you may be venturing into trouble.

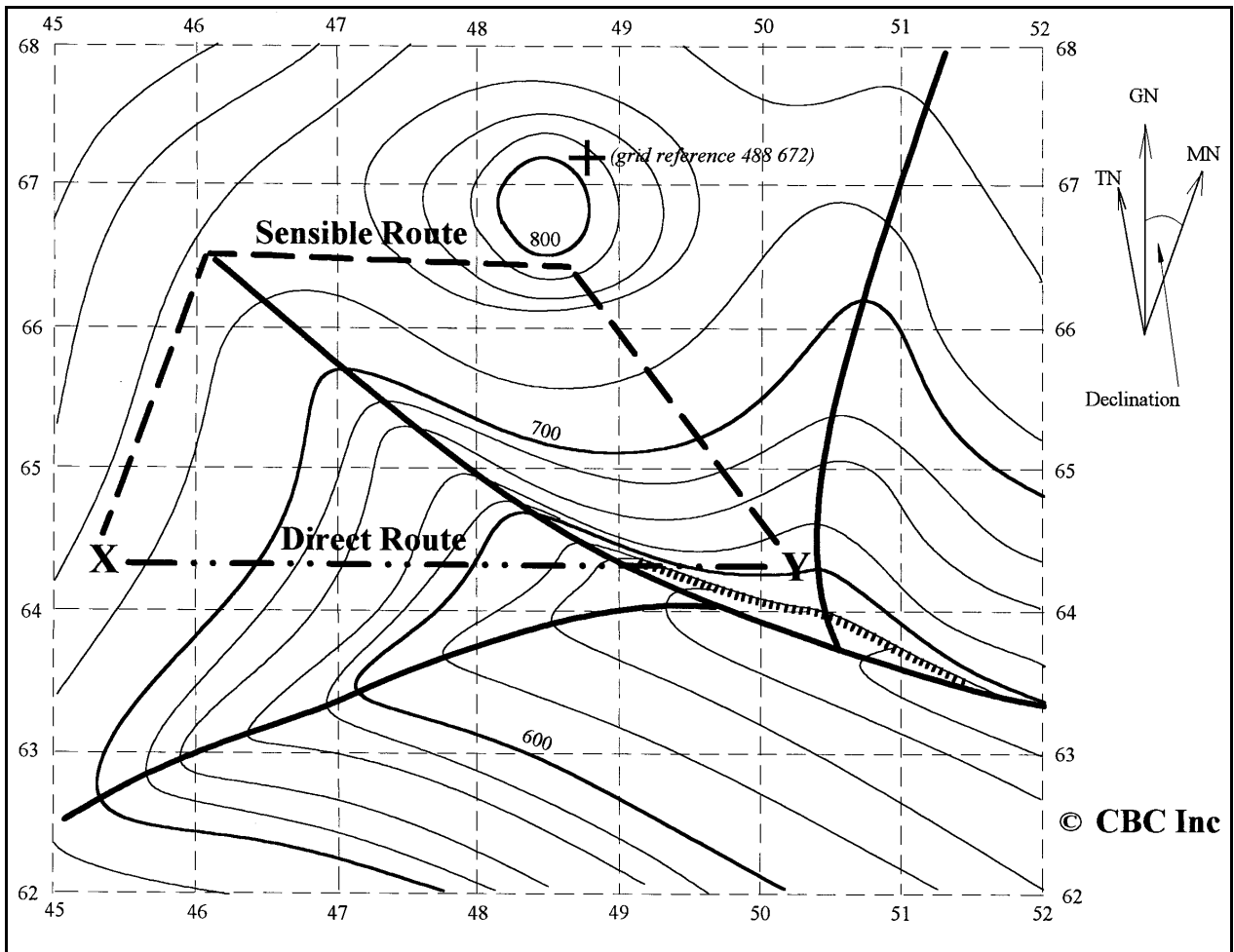
For normal bushwalking navigation all we use is a topographic map (a map which shows the shape of the Earth’s surface, as opposed to say a road map which shows streets and buildings) and a compass.

You may hear people talk of the latest navigation device, GPS, (stands for Global Positioning System). GPS uses a small receiver to very accurately locate a point on the Earth’s surface by triangulation of signals received from 3 or more of 24 navigation satellites launched by the USA. Each satellite circles the Earth twice a day in a precise orbit. For normal bushwalking navigation we do not use GPS.

A Map

A topographic map is a diagram of an area of land as might be seen from an aircraft or a satellite.

The sketch below is a stylised representation of an extract from a topographic map and is used to illustrate some of the map features and navigation techniques explained in the Handbook.



To make it manageable a map is a much reduced picture of the landscape.

The map maker uses standard symbols and colours to depict key features (roads, bridges, cliffs, power lines, buildings, creeks, etc), topography and vegetation. These symbols are shown in the legend (the notes) for each map. You need to become familiar with the main symbols on your map.

The maps the Club normally uses, for day walks out of Sydney, are prepared by the Central Mapping Authority of NSW and may be purchased from most outdoors shops. The CMA also publishes a guide to using topographic maps which may be purchased from outdoors shops and is recommended reading for all bushwalkers.

If you are to learn to read a map and to navigate you should obtain at least one topographic map and a compass so that you may study them and practise your map reading and compass skills. The Katoomba 8930 topographic map is used for many Club walks so we will use that map for illustration purposes in the following sections (get a copy if you can and use it to help you understand this section of the Handbook).

The Club maintains a library of topographic maps that are used by the Walks Secretary for planning walks and, in some cases, by walks leaders (although leaders usually obtain their own map for their particular walk).

Scale

The maps we normally use for bushwalking have a “scale” of 1 to 25000 (shown 1:25000) which means that every major feature shown on the map is $1/25000^{\text{th}}$ of its real size. Therefore 4 cm on the map represents 1 kilometre on the ground. You will need to become familiar with the scale of your map because you will need to be able to estimate the length of your planned route from the map.

Maps that are condensed so as to show more land area on the piece of paper are called “small” scale - i.e. a 1:100000 map is a smaller scale than a 1:25000 map.

Legend

The legend on a map will tell you its scale and will also give you lots of other essential information about the map and about what each mark on it represents. You must carefully study the legend of your map if you are to be able to make any sense of the map - *it is not difficult and doesn't take long, try it!*

Also the legend will tell you when the map was prepared and when the information for preparation of the map was obtained. This information is most important as new tracks may have been constructed or old ones removed or the hut you may have been relying upon for shelter demolished since the mapping was done. The current Katoomba 8930 map is based upon aerial photography done in 1975, field revision in 1980 and it was last reprinted in 1982 - a lot of changes can take place over 20 or so years.

Grid Lines

A topographic map is drawn with the north point to the top and it contains faint parallel lines running up the map and across the map. These lines are called Grid Lines (the Grid Lines are shown as dotted lines on the sketch on page 16). The ones going up and down point from Grid South to Grid North and those across from Grid West to Grid East.

The Grid Lines are set by the map maker to a common reference point called a "false origin". The North/South Grid Lines point reasonably closely to the true North/South axis of the Earth, but do not precisely represent True North/South. For our bush navigation purposes we ignore True North/South and use Grid North/South.

On a 1:25000 map, the Grid Lines are spaced 4cm apart and are therefore at 1 kilometre spacing on the ground. Normally Grid Lines on topographic maps are at 1 kilometre spacing except on tourist maps, some very large scale maps and some very small scale maps - it is, however, essential to take a few seconds to check the legend on any map that is new to you.

Grid references

Each Grid Line has its own discrete reference number, which represents the location of that Grid Line in relation to the false origin. It is useful to remember that the grid references do not give latitude or longitude (this information is also shown on the map if you require, but we don't use it for normal bushwalking).

The North/South Grid Lines on the Katoomba 1:25000 topographic map are numbered from 45 to 68 and the East/West from 62 to 76. For precision we subdivide the space between each Grid Line into 10, thereby enabling us to give a grid reference which will specify our position to within a 100 metre square.

We use grid references to unambiguously and simply convey our position or our proposed route or the location of a point of interest to others and we need to be sure that the person to whom we are giving that information knows precisely what we are talking about. For instance you will want the rescue helicopter pilot to be able to quickly locate an injured bushwalker, particularly if that person is you!

Grid references are *always* given by first reading the numbers from left to right on the map (the Eastings for the purist), which give the reference for the North/South Grid Lines and then from bottom to top (the Northings), which give the reference for the East/West Grid Lines - it is easy to remember because *E* (Easting) comes before *N* (Northing).

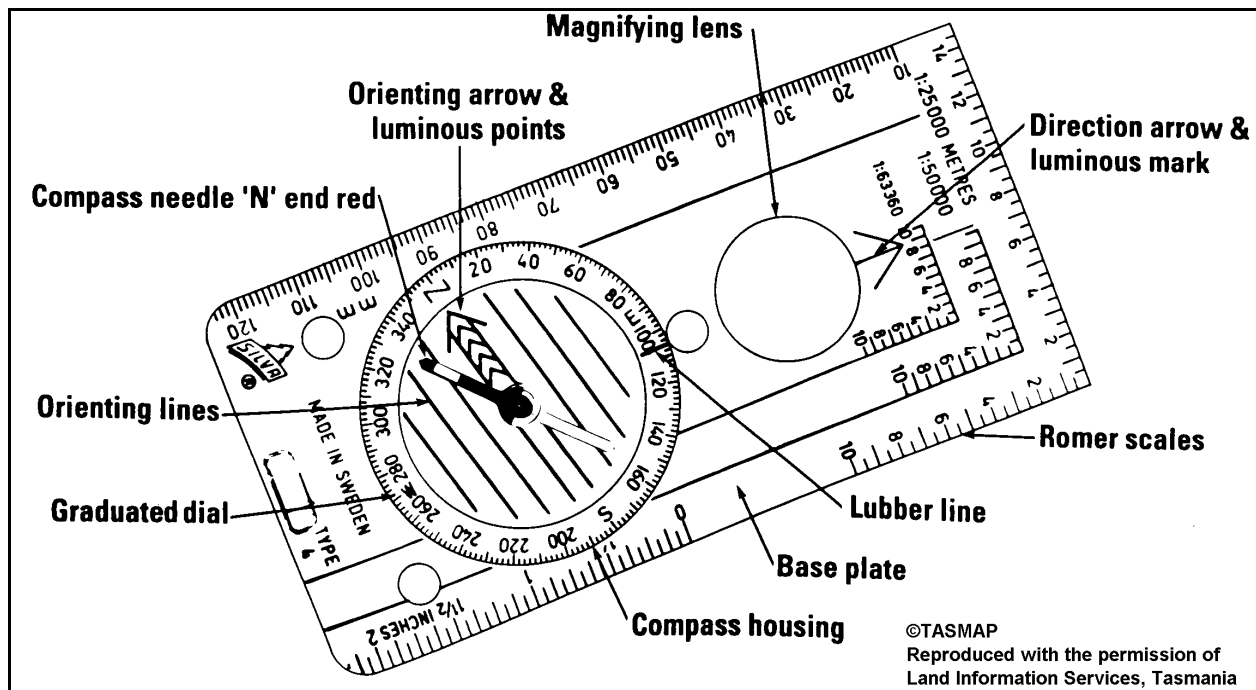
In addition for completeness we should also give the name of the map, although we often shorthand the grid references and leave out the map name as long as it is clear to everyone which map we are using.

The Explorers' Tree, a famous landmark a little West of Katoomba on the Great Western Highway, has a grid reference of Katoomba 8930/488 672 (usually simplified to 488 672) - see if you can find this point on the Katoomba 8930 map (point 488 672 is labelled and marked + on the sketch at page 16).

Compass

A compass is an instrument that enables us to locate Magnetic North (and in so doing, derive Magnetic East, South and West).

The compass is filled with fluid and has a rotating magnetised needle which "floats" in that fluid (which is there to stabilise the needle's swing).



One end of the compass needle points to magnetic North and the other to magnetic South.

Where there is natural or other “magnetic interference”, where you have an air bubble in your compass or where you hold the compass at a silly angle and allow the needle to foul the compass housing, the needle may not point Magnetic North/South.

If you store or use your compass near things that create strong magnetic fields (magnets, stereo speakers, in motor cars, near high voltage power lines, railway lines, other compasses, wire fences, ironstone deposits etc) you may find that the magnetic properties of the compass have changed and therefore the compass readings may be wrong.

Your compass is an essential piece of your safety equipment - treat it with respect!

For bushwalking we normally use an adjustable dial compass (Silva is a common brand). On the Silva brand of compass the North end of the needle is marked in red and the South in white.

THE RED END OF THE COMPASS NEEDLE POINTS TO MAGNETIC NORTH
and the other end therefore shows Magnetic South

The graduated dial of a Silva compass is subdivided into 360° with each of the fine markings at 2° intervals and the main markings at 10° intervals. Also the graduated dial is capable of being rotated (the reason for this will be explained shortly).

Declination

The legend on each map gives us the angle between Grid North and Magnetic North, the ***declination*** (see sketch at page 16), for the map - this angle is important when it comes to using a compass for navigating, which will be explained to you a little later.

It is important to note that the declination is different for each map and also varies slightly from year to year. The legend on your map will tell you the declination for that map and the amount by which to adjust the declination for each year after the map was drawn (another reason why we need to know when the map was drawn).

The legend on the Katoomba 8930 map tells us that in 1980 the declination was 10.0°E and is increasing by approximately 0.1° every 3 years. Therefore in 1999 the declination for the Katoomba map is approximately 10.6°E (we round this to 11°).

Orienting the Map

A map is “oriented” when it is placed so that the directions to features on the map correspond to directions to the same features on the ground. This means simply lining up the map so that Grid North on the map is the same as Grid North in the field.

The purpose of orienting our map is so that identifiable features will lie in the same direction on both the map and the ground. We will therefore be able to identify points of interest or pick our best route from inspection of the surrounding country and relate that route back to the compass course we need to set from the map.

To orient a map we can either turn it around so that it aligns with prominent features or if none are visible we can use a compass as follows (see the sketch on page 18 for the names of parts of the compass):

- 1 Subtract the declination for the map from North (for Katoomba: $360^\circ - 11^\circ = 349^\circ$) and turn the *graduated dial* to read this number (where compass sketch indicates *lubber line*).
- 2 Lay the map flat and place the long edge of the compass base along a North/South gridline with the *direction arrow* pointed towards the top of the map.
- 3 Hold the compass in place against the map and then rotate both together until the red end of the *compass needle* points in the same direction as the *orienting arrow*.

Your map is now oriented and ready to use.

Bearings

Bearings are simply the direction in relation to North and we have 2 North points to worry about in bushwalking - Grid North (which is marked on our map) and Magnetic North (which our compass shows us).

North is 0° & 360° , East is 90° , South is 180° and West is 270° . We describe the bearings we want to take by degrees and not by name therefore we say 45° rather than North East.

Any bearing taken from a map is relative to Grid and any bearing measured from the topography using a compass is relative to Magnetic. This means that any time we read a bearing off a map and want to use it for setting a compass direction we must convert it to magnetic and vice versa.

As previously explained magnetic bearing differs from Grid bearing by the declination, which for the Katoomba map is currently approximately 11° East. Therefore to convert a Grid bearing from the Katoomba map to a Magnetic bearing (compass bearing) we need to subtract the declination (11°) and to convert a Magnetic bearing to a Grid bearing we need to add the declination. For example on the Katoomba map a Grid bearing of 236° becomes a magnetic bearing of 225° and a Magnetic bearing of 149° becomes a Grid bearing of 160° .

A simple acronym will help you to remember when to add or to subtract to get the bearing you want:

MAGS - *M*agnetic *A*dd, *G*rid *S*ubtract
Magnetic - Add to get Grid. Grid - Subtract to get Magnetic.

Contours

Our topographic map also provides us with information as to the shape of the Earth's surface. This is essential information for us to be able select a path that involves the least climbing or to avoid an area that may be impassible (cliffs and the like) - see the alternative paths from point "X" to point "Y" marked on the sketch at page 16.

Information on the shape of the terrain is provided to us by contour lines. A contour line is a line connecting points that are at the same elevation.

On the 1:25000 series CMA maps the contour lines are shown in light red with the lines at each 100 metre interval being shown thicker and numbered. The number on these contour lines is their elevation above a reference datum which is approximately sea level.

Contour lines are spaced at various elevation intervals - on the 1:25000 series they are generally spaced at 10 metre intervals, although in a few instances where the terrain is very steep 20 metre intervals may be used (e.g. Wollangambe, Rock Hill & Mount Morgan maps). Also the contour intervals will be different between different scale map series - the legend on our map gives us the contour interval.

With a 10 metre contour interval any feature less than 10 metres high may not be shown and in fact a 19 metre high cliff may not be obvious from the map as it is intersected by only one contour line. With a 20 metre contour interval cliffs up to 39 metres high may not be obvious - quite daunting when you come upon one in your desired direction of travel, a change of plan will definitely be required!

Contour lines, because they represent points of equal elevation, can never cross but they vary from close together to widely spaced. Closely spaced contour lines indicate steep terrain and widely spaced contour lines indicate relatively flat terrain.

In very steep terrain the contour lines may run into each other and the map maker often then includes a symbol to show that this area contains cliffs (cliffs are indicated on the sketch at page 16 running between 490 643 and 515 635 - see if you can find them).

Stream & ridge patterns

Streams show on a map as a pattern somewhat like the trunk and branches of a tree with the major stream forming the trunk. This pattern is formed by the inescapable rule that water flows downhill.

On the 1:25000 CMA series the larger streams are shown coloured blue.

If you now examine the meandering of the contour lines on your map you will notice that they always turn and point upstream (since streams descend, the levels must be higher upstream than downstream). Therefore even if the map maker hasn't drawn a blue line to indicate a stream you can still ascertain the location of a gully or likely stream from the way the contour lines point.

The tops of ridges, unlike streams, are not specifically marked by the map maker. However you don't have to spend hours subtracting one contour level from another to work out which are the streams and which are the ridges. The streams are obvious because the map maker gives us the little blue lines for the main ones and therefore the stream contours are easy to recognise and from these we can easily deduce the ridge contours (they point the opposite way).

One of the reasons for needing to know where we will encounter streams or ridges is that it is often better to walk along a ridge than along a gully. Views can be better from a ridge, scrub can be less dense than in a gully and gullies may be strewn with boulders or slippery rocks which can make for slow and tiring walking.

Also climbing up and down to cross over gullies or ridges can be very tiring, therefore it is often easier to set a longer path but one which minimises the need to change elevation.

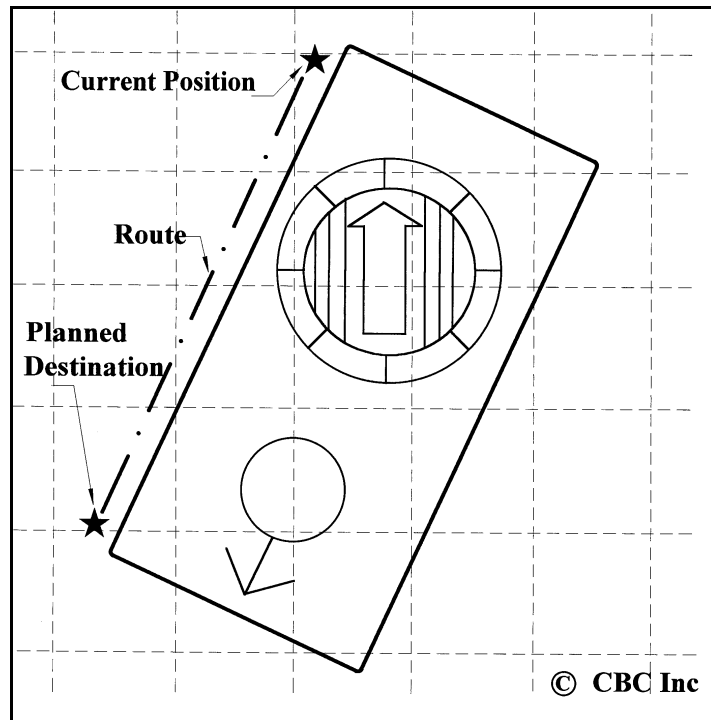
Observe the route an experienced leader follows - it is rarely random although the path taken may suggest otherwise to a casual observer. The "sensible" route between points X and Y marked on the sketch at page 16 involves a longer path than the "direct" route, but given the cliff line the "direct" route would most likely be impassible.

How to set a route and to navigate using a map and compass

Our ultimate objective in navigating with map and compass is to be able to set a compass route from our map and then to be able to follow that route in the bush, with the help of our compass - a Silva compass makes this task easy!

Here are the steps to follow and ***please note it is not essential to orient your map to do this*** (the names for parts of the compass used below are given on the sketch at page 18 of the Handbook):

- 1 Lay your map reasonably flat.
- 2 Identify the point on the map which indicates your current position on the ground (remember the Golden Rule of Navigating).
- 3 Identify the point on the map which indicates your planned destination.
- 4 Lay your compass against the map with the long edge along the line connecting your current position and your planned destination (the ***direction arrow*** must point towards your planned destination).
- 5 Rotate the graduated dial so that the orienting lines on the graduated dial align with the Grid Lines on your map and ensure that the large red orienting arrow is pointing to the top of the map (remember North is up on the map).



- 6 Then adjust the compass from Grid to Magnetic by rotating the *graduated dial* so as to **Subtract** the declination (remember **MAGS**), i.e. for Katoomba 8930 subtract 11° from the reading at the *lubber line*.
- 7 Fold your map carefully and put it away for the moment.
- 8 Hold your compass reasonably flat and turn it around until the **Red** end of the *compass needle* is aligned with the *orienting arrow*.
- 9 The *direction arrow* now points in the direction you want to travel and you should now turn yourself to face in that direction.
- 10 Identify a prominent feature, or gully or ridge which is on your desired direction of travel and walk towards or along it (using the sun position to help us maintain our direction can also be useful, particularly where there are no prominent features in sight). Do not walk whilst looking at your compass, otherwise you are likely to crash into or fall down something or at the very least you will miss out on seeing the bush, which is why you came in the first place!
- 11 Use your watch to help estimate distance walked. As a rule of thumb allow 4 km/hr for level clear track, 1 km/hr along streams and often much less in dense scrub. Also don't forget to reduce your expected rate of progress to allow for climbing or where the party is tired.
- 12 As you move along your path check your compass from time to time (with the *compass needle* and the *orienting arrow* aligned ensure that you are still walking in the direction of your *direction arrow*) - you will be surprised how quickly you can drift off your planned path if you do not remain alert.
- 13 In rough country you may not be able to travel along the shortest compass line to your destination because of obstacles, cliffs and the like. Therefore you may need to set a series of paths to get to your planned destination. On the sketch at page 16 you will note that the "sensible" route from point "X" to point "Y" involves several path changes and is longer than the "direct" route, but it avoids the gully and the cliff line.
- 14 **At all times you must be certain that you know where you are!** (the Golden Rule of Navigating). You can do this by locating prominent features in the field and identifying them on your map, or through other observations such as counting the number of creeks crossed, comparing the lie of the land with that shown by the map and by estimating distance travelled with the help of your watch. You can also take back bearings from visible prominent features and relate these back to the map (this is the reverse of the previous steps we have just done). If you take back bearings from 3 or more prominent known features that are separated by a reasonable angle and plot these bearing lines on your map you can locate your precise position (this is called triangulation - remember the GPS). In this case you **Add** the declination to your Magnetic bearing to get the Grid bearing line to plot on the map (remember **MAGS**).
- 15 Consult with the other experienced members in your party – we can all make mistakes and others may have noticed an important feature that you had missed – safe bushwalking is a team effort.

The Club regularly puts on navigation training nights and navigation practice days - come along, you will be surprised how quickly you can pick all of this up if you try!

ADDENDUM TO CBC HANDBOOK

INFORMATION FOR 2005

MEMBERSHIP INQUIRIES



**The Membership Secretary
Catholic Bushwalking Club Inc
PO Box 472
Strathfield NSW 2135**



0434 981 406 – Rosemary Cooley

INTERNET

Web Page <http://www.cbcnsw.org.au>
E-mail membership@cbcnsw.org.au

COMMITTEE MEMBERS

Acting Chaplain	Fr. Peter Blayney
President	Angela Barton
Vice President	Fr. Peter Blayney
General Secretary	Anne Plowman
Assistant Secretary	Madeline Leslie
Walks Secretary	Peter Marshall
Walks Recorder	Kate Carmody
Membership Secretary	Rosemary Cooley
Treasurer	Pauline Goymour
Social Secretary	Robert Simms

LOCATION FOR MEETINGS

Church Hall, St Martha's
70 Homebush Road
Strathfield
(normally start @ 7.30pm)

FEES

Honorary membership	Nil
Ordinary membership	\$35 (per annum)
Associate membership	\$35 (per annum)
Prospective membership	\$20 (4 months)
Rope usage fee	\$3 per person per trip

GST – the Club has an ABN but is not registered for GST therefore GST is not charged on membership fees, but the Club pays GST on its expenses.