BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

Presidents report

The new committee is starting to function as a very cohesive and committed team.

Items of interest.

Membership fees are past due. If you are not a member and you participate in any club activities you will be required to pay \$2 as a non member/visitor. Of more importance, membership fees are the only income source of the club. We need your fees to allow the club to meet it's financial commitments.

So PLEASE PAY your fees as soon as possible.

The committee thought it pertinent to highlight that we have relationships with Ballarat and Shepparton clubs. We get news letters from these clubs. This resource can be used in two ways. It may broaden the types of activities that you can participate in. Secondly, it can be used as ideas for a member to lead the same or similar activity here.

That leads me to the perennial issue of activity leaders. Our calendar is looking decidedly sparse to the Christmas break. I ask all members to take a chance and volunteer to lead a walk. There are leaders who will be willing to act as your mentor, so you won't be doing it alone.

The committee is developing a calendar of actives for the club meetings. If you have any ideas, they will be welcomed. If any member, or knows of some one who has done something, or been somewhere interesting we would welcome hearing about it as a presentation at one of our meetings. Once again, please contact a committee member.

The Big Break. Where do you want to go, or do as a Christmas break up function. All ideas are welcome.

At this point the committee is being very inclusive, and would like to have your input.

Happy hiking Kerry Cramer

BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

P.O. Box 989, Bendigo, 3552 Reg No. A0051482V

Meetings - 4th Tuesday every month [except Dec]
Presbyterian Church Hall, Forest Street
Meetings start at 7:30 pm sharp.

Web address: http://gobush.org.au/

The BBOC is affiliated with

Bushwalking Victoria

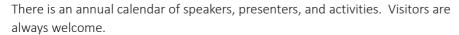
COMMITTEE MEMBERS 16/17 President Kerry Cramer 03 5441 4422

Vice President Anne Bridley 03 5442 6188 Chris Franks 03 5439 3549 Secretary Vacant Treasurer Garry Brannan 04 5087 9917 Trip Coordinator **Equipment Officer** Chris Franks 03 5439 3549 Web Master Peter Pemberton 04 2886 9196 Newsletter Garry Brannan 04 5087 9917 General Committee Roland Cauka 04 0202 4096 General Committee Leisje Wilson 03 5441 6118

The statements and opinions expressed herein are those of the Editor and individual authors. They do not necessarily represent the views of the Bendigo Bushwalking and Outdoor Club Inc.

Club Meetings:

Meetings are at 7.15 for a prompt 7.30 pm start on the 4th Tuesday of every month (except December) now in the Presbyterian Church Hall, 35-41 Forest Street, Bendigo.





Monthly Meeting Activity

August 23	Club Meeting – Garry Brannan. Sea Kayaking has become an important aspect of Club activities. Garry will bring in his Sea Kayak and demonstrate the features and safety components of these amazing seaworthy craft.
• September 27	Club Meeting – Whitsundays Kayak Trip, Garry and crew.
• October 25	Club Meeting Travelles up North., John Lindner
November 22	Club Meeting – Gammon Ranges, Peter and co.
• December	End of Year Function — Date and Venue — TBA

Ideas Wanted

Do you have any ideas for the club meeting nights, pictures of special trips you have been on [club or otherwise], interesting people you know who might come and speak at a meeting, or anything else that you might think of to entertain the ever increasing numbers attending meetings. If so, please contact a committee member

Membership fees.

Fees are \$60 for a family and \$40 for single members. A Membership Form can be found on the website at www.gobush.org.au. Remember you must sign the Acknowledgment of Risk at the bottom of the membership application otherwise you are not covered by the Club insurance.

Bits and Pieces

Bushwalking News Victoria

The most recent Bushwalking Victoria Newsletter can be found here. Lots of interesting stuff – take a look.



http://www.bushwalkingvictoria.org.au/what-we-do/publications/newsletters

Result of the election of Office Bearers for 2016 -2017

President	Kerry Cramer	Equipment Officer	Chris Franks
Vice President	Anne Bridley	Web Master	Peter Pemberton
Secretary	Chris Franks	Newsletter	Garry Brannan
Treasurer	Vacant	General Committee	Roland Cauka
Trip Coordinator	Garry Brannan	General Committee	Leisje Wilson

Trip Reports

The Lady on the Mount

On Sunday 3rd July Peter led a post-election wander on Mount Alexander. There were six of us and we walked up from the Oak Forest to Langs Lookout. The mountain was enveloped in fog and the day was cold and wet. Following a quick morning tea at the Lookout, with no views, Peter led us on the eastern side of the mountain before crossing the main road to Leanganook picnic ground. We ate lunch hunkered behind the toilet block. After lunch we headed off on the Goldfields Track to Dog Rocks. The plan was then to keep following Goldfields Track to Shepherds Flat Lookout and to descend the mountain from there.

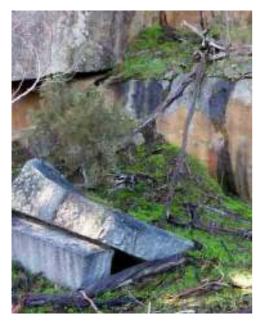
I suggested to Peter that I could take the group to a disused quarry which featured a woman's head sculptured into a large granite slab. Trev Quirk took Kerrie and me to the quarry many years ago and since then I have led at least four Club trips to the quarry and "The Lady on the Mount". Despite seeing many of the landmarks that I had remembered from previous trips I took the wrong track and was navigationally embarrassed, however, Peter and Max led us safely back to the cars.

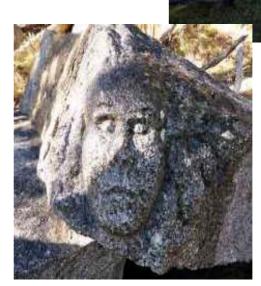
I was very embarrassed and I told myself that on the first fine day I would return to the Mount and find the quarry. It was cold and wet all week but Saturday 9th July was fine and the mountain was crystal clear against a blue sky. I found the quarry easily.

In the quarry there is an old derrick crane at the southern end (Photo 1); the sculptured female head is in a large upturned granite slab to the left of the photo and in front of the eastern rock face (Photo 2) and a close up of the "The Lady on the Mount" (note the hair which is significant) depicted in Photo 3. Kerrie claims that Trev told us a story about the person who sculptured the granite slab but I do not recall hearing this but maybe I am not romantic enough to appreciate the story.

Mt Alexander is the closest real mountain to Bendigo and it is a wonderful place to walk in any month and in any weather.

Bob Jones.





BTW - Club

Members who know me can email me if they are interested in visiting the quarry. In a return email message I will describe the route to the quarry exactly with the addition of four GPS Grid References to aid navigation.



Big Hill Walk. Members enjoying the 360 degree view from the top of Big Hill Range (West of Mt Herbert).

Creswick Water Catchments. Sunday 29 May.

This walk was completed successfully by nine walkers. The walk is described in detail as Walk 4 (Creswick Waters), accompanied by a map on pp14-15 in Federation Walks 2015 (20 days walks around Daylesford in Central Victoria).

The day was coldish with an overcast sky. It cleared slightly after lunch and by 4.30pm on the drive home it was sunny. There was no rain. After the walk we enjoyed a leisurely afternoon tea in Creswick at the Red Fox Deli and Café.

The highlight of the walk was the number and variety of fungi seen. Fungi lovers should get out their fungi identification books and head to Bullarto or Macedon in June and enjoy the beauty of the fungi.

Thank you to Kerrie, Anne, Janet, Reyer, John C, Peter, Hans E and Brad for supporting the walk. Bob Jones.



Whitsunday Paddlers about to embark on their two week adventure. Kerry, David, Geoff, Barry, Rechelle, Ray, Garry and Andy. Full report next month.

July 10th – Day 1: Eight of us paddled off in good weather but into large waves. 17km later reached our first campsite on Henning Island. Andy

Sun 10th: After some initial anxiety about paddling on the open ocean I soon found rhythm and enjoyment. David

Activities . . . September and beyond

September – Sunday 4th – One Tree Hill day walk

Explore One Tree Hill from Marnie Road up to the Fire Tower for lunch and then back to the nearby O'Meara residence for scones and tea. A fairly leisurely walk to enjoy the wildlife and the spring flowers. A few steep sections.

Please ring if you are attending, wouldn't want the scones to run out.

Peter O'Meara and Janet Justin Mobile – ph 0428 512 970 or Home ph 5442 2292.

September – Wednesday 7th – Vaughan Springs - Golden Gullies Walk

Type: Day walk

Grade: Medium 15km

DESCRIPTION: A loop walk starting from Vaughan Springs, visiting a number of old mining sites including mines, water races, various ruins and a mine chimney before passing through Glenluce Mineral Springs on the way back to the starting point.

Afternoon tea/coffee in Castlemaine before returning to Bendigo.

MEET: At 8:30am in the carpark in front of Rebel Sport at Lansell Square, Kangaroo Flat.

Fuel Share: Zone 1 \$10

Contact: David Crocker ph 0409 425 604

September – Sunday 11th – Beeripmo Walk, Mt Cole State Park

Type: Day walk

Grade: Medium/Hard 16.5km

DESCRIPTION: The Beeripmo Walk was opened in 2002, it passes through many forest types and visits other features such as small waterfalls and a number of lookouts on top of granite outcrops in the Mt Cole State Park to the south of Elmhurst.

Afternoon tea/coffee in Avoca before returning to Bendigo.

MEET: At 8:00am at the Club's Meeting Hall in Forest Street.

Fuel Share: Zone 2 \$20Contact: David Crocker ph 0409 425 604

September – Wednesday 14th – Daylesford and Sailors Falls

Type: Day walk

Grade: Medium 17.0km

DESCRIPTION: Walk starts at Sailors Falls and head east into the forest to join a section of the long closed Newlyn to Daylesford Railway to Jubilee Lake (morning tea) (5km). Then on into Daylesford, for a lunch break at Lake Daylesford (9km). After lunch the walk starts out along the Great Dividing Trail and follows along Sailors Creek back to Sailors Falls.

Afternoon tea/coffee in Daylesford before returning to Bendigo.

MEET: At 8:30am in the carpark in front of Rebel Sport at Lansell Square, Kangaroo Flat.

Fuel Share: Zone 1\$10

Contact: David Crocker ph 0409 425 604

Old Beech Rail Trail & Ballarat to Skipton Rail Trail – Bike Ride

Friday 16th to Sunday 18th September

Type: Base Camp at Colac Caravan Park

Distance: 2 day Bike Ride: 50km + 50km = 100km

Grade: Medium DESCRIPTION:

Friday: Drive from Bendigo to Colac

Saturday: The Old Beechy Rail Trail winds through scenic pine forests and bushland, rich farmland and rolling hills as it travels from Colac up to Beech Forest. We will take advantage of this by starting at Beech Forest and riding 50km to finish much lower in Colac.

Sunday: Ride 50km (downhill again) along the Ballarat to Skipton Rail Trail which passes through significant remnant native grasslands in an area well known for its historical gold mining sites.

Costs: 1. Zone 4 - \$40

2. Accommodation costs for camping (\$10) or shared cabin (1B \$85, 2B \$95) at Colac Caravan Park.

Info: www.railtrails.org.au

Contact: David Crocker ph 0409 425 604 email: dcrocker46@gmail.com

September – Wednesday 21st Great Dividing Trail

Castlemaine Diggings Heritage National Park

Type: Day walk

Grade: Medium 16.5km

DESCRIPTION: A walk on the Great Dividing Trail (GDT) though parts of the Castlemaine Diggings National Heritage Park, commencing in Castlemaine. The morning follows the GDT from Castlemaine Railway Station past Poverty Gully Reservoir to reach The Monk for lunch. After lunch we will take the GDT Chewton bypass passing through the centre of Chewton. After re-joining the main GDT we will head westwards along Forest Creek towards Castlemaine. A short detour will be made to visit the Pennyweight Cemetery.

Afternoon tea/coffee in Castlemaine before returning to Bendigo.

MEET: At <u>Bendigo Railway Station</u> to catch 8:45am train to Castlemaine. Return on train from Castlemaine at 16:47.

Contact: David Crocker ph 0409 425 604

September – Saturday 24 Werribee Gorge, Take 2

Werribee Gorge - 10km circuit walk providing spectacular views of the gorge. Start at Ingleston Road side and enter Gorge via Eastern Walk. Travel up the gorge toward Myrniong Creek and then climb the spur up to Eagles Eyrie . Return back to Ingleston Road , detouring to Falcons lookout en route. The park is a breeding site for both Wedge-tailed Eagles and Peregrine Falcons

NOTE. This walk is graded Hard due to River crossings and sheer drop-offs from Eagles Eyrie. This walk is only suited to walkers who do not fear heights and who can challenge themselves. There is no half-way exit from the walk. N.B. The walk will be cancelled if the river level is too high, so you must contact Hans if you intend coming.

Limit: 10 Hikers. Meet: Forest St Hall 8.00am

Hans Tracksdorf ph 04000 49 891

September – Sunday 25th – Big Hill Range Day Walk No. 2

Another peregrination into the wilds of the Mt Herbert/Big Hill range. It is expected there will be an excellent promise of spring wildlife to be investigated.

Grade: Medium approx 15 km, with some steep ascents and descents on loose rocky track requiring sturdy footwear and sound fitness.

Meet: 09:00 hrs Kangaroo Flat Railway Station (goods train shed end) for car pooling

Bring: Lunch, morning tea, nibbles and water (at least 1 litre), personal and basic first aid and suitable clothing re weather conditions Refer to Walksafe booklet p.16 for list of items which should be in your pack.

http://www.bushwalkingvictoria.org.au/files/walksafe_booklet.pdf

Fuel Share: Zone 1 (\$2-5)

Contact: Kerrie Norris ph 5447 8017 Please ring me in advance if you have any questions

September – Wednesday 28th – Spring Gully & Break Neck Hill

Type: Day Walk

Grade: Easy/Medium 14km

Description: A walk on the Great Dividing Trail (GDT) though parts of the Castlemaine Diggings National Heritage Park, commencing in Fryerstown.

The morning follows the GDT from Fryerstown passing through Irishtown and Choken Flat before turning north and making the steady climb to Break Neck Hill (405m). Further north the Dingo Park is passed before making a short steep climb to The Monk (459m). From The Monk the route now turns south along the GDT (Old Coach Road) passing the old mining village of Spring Gully where there is much evidence of the 1850s gold mining.

Afternoon tea/coffee in Castlemaine before returning to Bendigo.

MEET: At 8:30am in the carpark in front of $\underline{\text{Rebel Sport at Lansell Square}}$, Kangaroo Flat.

Fuel Share: Zone 1 \$10

Contact: David Crocker ph 0409 425 604

October – Sunday 2nd – Heathcote-Graytown National Park.

This is a medium graded day walk of 16km. Walking is mostly on unsealed rocky roads. There are two trackless sections in open forest and two hill climbs.

Highlights:

Panoramas from Mount Black and Melville's Lookout.

Ruins of foundation blocks of a World War 2 prisoner-of-war camp.

Historic Graytown cemetery.

Evidence of past gold diggings.

Very old and magnificent Grass Trees.

Full details in the next (September) Newsletter.

Bob Jones.

October – Wednesday 5th – Sailors Gully & Welsh Village Walk

Type: Day Walk

Grade: Medium 13.5km

DESCRIPTION: A circular walk starting at Pennyweight Flat Children's Cemetery with visits to Garfield Water Wheel, Expedition Pass Reservoir (lunch) and the Welsh Village. With old water races, stone ruins, mine shafts and empty quarries to see along the way.

Afternoon tea/coffee in Castlemaine before returning to Bendigo.

MEET: At 8:30am in the carpark in front of Rebel Sport at Lansell Square, Kangaroo Flat.

Fuel Share: Zone 1 \$10

Contact: David Crocker ph 0409 425 604

October 7 - 9 - Federation Weekend - Day Walks in the Western Grampians

Bookings close at midnight 31st August 2016.

The 2016 event is being hosted by the Wimmera Bushwalking Club (based in Horsham). Walks will be in the northern and western parts of the Grampians National Park and may also include the Black Range State Park and Mt Arapiles. More information – http://www.fedwalks.org.au/ or talk to John or Garry.

Many of the walks are already booked out, but there are still some great walks available.

Check available walks here - http://www.fedwalks.org.au/walksprogram.html

Click this link for bookings. http://www.fedwalks.org.au/booking.html#documents

Sat 22nd & Sun 23rd October - King River Rafting and/or Kayaking

The plan is to spend the weekend paddling on the white water section of the King River immediately downstream of Lake William Hovell. This is a relatively short run and three runs each day are possible - four if we are keen enough. Ideal for beginner paddlers but is still great fun for the experienced.

This trip will be suitable for those who have never rafted before and also for those who have never paddled a kayak in white water but would like to give that a go. To attempt the kayaking, you will have to have had flat water kayaking experience.



Be prepared to get wet and be prepared for cold conditions. You will need wetsuits or dry-gear and a couple of changes of clothes so you are sure to have something dry and warm to change into after you get off the water. The club has some wetsuits, but I advise you to try them on before you leave Bendigo so you can check that they fit properly. When I checked last week there were at least a dozen wet suits for sale at Cash Converters — always good to have your own gear.

Overnight accommodation will be at the King River Camp at Cheshunt – hot showers, a dry, warm room and bed, plus the convenience of a fully equipped commercial kitchen, and a great recreation area with a wood fire. (http://www.kingrivercamp.org.au/) Depending on transport, you could attend either day.

You do need to contact me if you are interested so we get sorted with gear, clothing and accommodation.

Garry Brannan ph 04 5087 9917

Saturday 12th to Sunday 22nd November – Coastal Wilderness Walk

Thurra River, Croajingolong NP (Vic) to Merrica River, Nadgee Nature Reserve (NSW)

This is an extended walk of 94km over 12 days to be undertaken as two six day walks, with two rest days in Mallacoota in between.

Sections: From Thurra River to Mallacoota - Pack carry 6 days (61km)

From Mallacoota to Ranger Station (Merrica River) - Pack carry 6 days (53km)

Grade: Medium Party Size: Maximum party size is 8

Opportunity to walk along one of the most remote sections of coastline in Victoria and New South Wales. Major features of the walk include rocky headlands, sea caves, sweeping sandy beaches and saltwater estuaries, plus numerous birds, plants and animals of this coastal environment. Most campsites on the trip will be reached by lunchtime which will give ample opportunity to explore the coastal environment.

Rest days on Sat/Sun 19/20th November in Mallacoota will allow for local exploration, and for those leaving or joining the trip [subject to suitable transport arrangements].

Detailed information available for those interested.

Garry Brannan ph 04 5087 9917 garrybrannan@gmail.com



BBOC ACTIVITIES CALENDAR

Date	Description	Rating	Comments	Contact
August				
Tuesday 23th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		Sea Kayaks. Garry Brannan will demonstrate the features and safety components of these amazing seaworthy craft.	
Sat 27 or Sun 28th	Day Walk Leader wanted			
September				
2nd – 11th	Vulkathunha Gammon Ranges	Hard	**Booked out**	Peter Pemberton
10th - 25th	Day walks in the Flinders Ranges	E/M	**Booked out**	John Lindner
Sunday 4th September	One Tree Hill - A leisurely walk to enjoy the wildlife and the spring flowers.	Easy Day Walk	After the walk – Peter is making scones and tea.	Peter and Janet 0428 512 970
Wednesday 7th September	Vaughan Springs - Golden Gullies Medium 15km	Day walk	A loop walk – visit old mining sites, water races, various ruins and a mine chimney.	David Crocker 0409 425 604
Sunday 11th September	Beeripmo Walk – Mt Cole State Park Medium/Hard 16.5km	Day walk	The Beeripmo Walk passes through many forest types. Features incl. small waterfalls, lookouts, &granite outcrops.	David Crocker 0409 425 604
Wednesday 14th September	Daylesford and Sailors Falls Medium 17.0km	Day walk	Walk from Sailors Falls, along a section of the long closed Newlyn to Daylesford Railway to Jubilee Lake, then on the Great Dividing Trail back to Sailors Falls.	David Crocker 0409 425 604
Fri 16th – Sun 18th September	Old Beech Rail Trail & Ballarat to Skipton Rail Trail – Bike Ride	Medium BC	2 day Bike Ride: 50km + 50km = 100km Base Camp at Colac Caravan Park	David Crocker 0409 425 604
Wednesday 21st September	Great Dividing Trail Castlemaine Diggings Heritage National Park Medium 16.5km	Day walk	Travel by train to Castlemaine , then walk to Poverty Gully Reservoir, The Monk , Chewton and visit the Pennyweight Cemetery.	David Crocker 0409 425 604
Saturday 24th September	Werribee Gorge – 10km circuit walk providing spectacular views of the gorge.		From the Gorge Eastern Walk, travel up the gorge toward Myrniong Creek, climb the spur to Eagles Eyrie, return via Falcons lookout.	Hans Tracksdorf 04000 49 891
Sunday 25th September	Big Hill Range Walk II Day walk	Easy/M	Approx 15km – some off track.	Kerrie Norris 5447 8017
Tuesday 27th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		TBA	
Wednesday 28th September	Spring Gully & Break Neck Hill 14km. A walk on the Great Dividing Trail	Day Walk E/M	Commencing in Fryerstown follow the GDT through Irishtown, Choken Flat, Break Neck Hill (405m), The Monk (459m), then along Old Coach Road) to Spring Gully.	David Crocker 0409 425 604
October				
Sunday 2nd October	Heathcote-Graytown National Park. 16km *Daylight saving commences*	D/W Medium	Panoramas from Mount Black and Melville's Lookout, World War 2 POW ruins, very old and magnificent Grass Trees.	Bob Jones. 0458012934
Wednesday 5th October	Sailors Gully & Welsh Village Walk Medium 13.5km	D/W	From Pennyweight Flat Children's Cemetery visits the Garfield Water Wheel, Expedition Pass Reservoir and the Welsh Village.	David Crocker 0409 425 604

Date	Description	Rating	Comments	Contact
7th to 9th October	Federation Walks weekend.	Various	Day walks on both Saturday and Sunday in the Grampians	John Lindner 5448 3406
Sunday, 16th October	Bike Ride — Eastern half of the Bendigo Bushland Trail	Easy	The Bendigo Bushland Trail encircles the fringe of Bendigo mostly in forest.	Garry & Rechelle 04 5087 9917
Sat 22nd & Sun 23rd October	King River Rafting	М	Wet and wild weekend. Basecamp at the King River Camp at Cheshunt	Garry Brannan 04 5087 9917
Tuesday 25th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		Travelles up North., John Lindner	
Wednesday 26th			Bendigo Cup Holiday	
29th or -30th	Day Walk Leader wanted			
November				
12th – 27th November 16 days	Croajingolong/Nagee Wilderness Thurra River – Merrica River	Medium P/C	Two walks of one week duration each Participants can do either week or both.	Garry Brannan 04 5087 9917
Tuesday 22th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		Gammon Ranges, Peter and co.	
26th or 27th	Day Walk Leader wanted			
December				
4th Sunday	Bike Ride — Western half of the Bendigo Bushland Trail	Easy	The Bendigo Bushland Trail encircles the fringe of Bendigo on tracks & some roads, mostly in forest.	Garry & Rechelle 04 5087 9917



The deadline for the next edition of GoBush will be Wednesday August 17th.

Please forward Trip Reports and interesting articles to Garry — garrybrannan@gmail.com ph04 5087 9917

The Editor reserves the right to edit contributions where space, clarity or propriety dictate, and to maintain editorial consistency.

MEMBERSHIP RENEWAL FORM

Adults:	
1	Membership Fees for 2016/17 are due
2	from 1st July 2016. Please return this form
Children:	with your payment to:
1	
2	Bendigo Bushwalking & Outdoor Club Inc. PO Box 989, Bendigo, Vic 3552
3	PO BOX 969, Beridigo, Vic 5552
Address:	
	Membership: Adults - \$40, Family - \$60.
Postcode:	The Newsletter "GoBush" will be
Phone: Mobile:	forwarded to you by email.
Email:	If you wish a hardsony of the
Next of Kin/Nominated person to contact in an emerge	If you wish a hardcopy of the news letter delivered by
Name:	Australia Post – tick the box
Phone:	
Address:	Please ensure you sign and date the
	Acknowledgement of Risk at the bottom
	of the page
This acknowledgment of risks applies to all club activities I m and Outdoor Club Inc. In voluntarily participating in activitie leaders I am aware that my participation in the activities may illness or death or to loss of or damage to my property. I also that could lead to hypothermia and being in locations where	s of the Club which are described to me by the activity y expose me to hazards and risks that could lead to injury, a acknowledge that I may encounter weather conditions evacuation for medical treatment may take hours or days.
In particular when participating in abseiling or above the sno expose me to additional hazards and risks described to me b	
To minimise risks I will endeavor to ensure that	
Each activity is within my capabilities,I am carrying food, water and equipment appropria	te for the activity.
In addition	
 I will advise the activity leader if I am taking any me might affect my participation in the activity. I will make every effort to remain with the rest of the I will advise the leader of any concerns I am having, I will comply with all reasonable instructions of club 	and
I have read and understand the above requirements. I have acknowledgment of risk. I still wish to join the activities of the own actions and that signing this form or the payment of my understanding of the above conditions.	e Club. I acknowledge that I will take responsibility for my
Name:	
Signed:	Date:
- 	