

## BENDIGO BUSHWALKING AND OUTDOOR CLUB

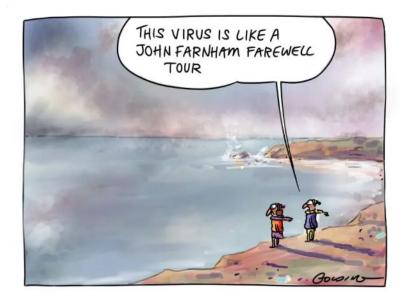
The more things change . . . .

Well here we are back into lock-down, maybe not for much longer but certainly until midnight on Tuesday so –

## No meeting this month

It is likely that there will be restrictions on numbers still after Tuesday, and there will probably be difficulty with car-pooling, so the Kooyoora walk which is on the calendar for next Sunday has been re-scheduled for Sunday September 5th.

It is hoped that later trips will be unaffected, watch this space.



## 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, 35 – 41 Forest Street Meetings start at 7:30 pm sharp Membership: Single \$40.00 Family \$60.00 E-Mail: <u>enquiries@gobush.org.au</u> Web address: <u>http://gobush.org.au/</u> BBOC is affiliated with

**BushwalkingVictoria** 

# COMMITTEE MEMBERS 20/21

President	Kerrie Cramer	0409 537 799		
Vice President	Christina Stuke	0400 306 683		
Secretary	Graham Borrell	0438 437 680		
Treasurer	Greg Doubleday	03 5448 3661		
Walks Coordinator	Graham Borrell	0438 437 680		
Web Master	Garry Brannan	0428 869 196		
Facebook	Roland Cauka	0402 024 096		
Newsletter	Garry Brannan	0450 879 917		
General Committee	Anne Forsyth	0438 566 234		
General Committee	Peter Galvin	03 5439 4595		
General Committee	Lisa Reid	0419 973 707		
The statements and opinions expressed in articles herein are those of the individual authors, and do not necessarily represent the views of the Bendigo Bushwalking and Outdoor Club inc.				

## Club Meetings:

Join us in the Presbyterian Church Hall, 35 – 41 Forest Street, 4th Tuesday of every month that is not subject to a Covid-19 lockdown, self isolation, curfew or quarantine. Meetings, starting at 7.30 pm sharp. Visitors are always welcome.

If 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, please contact Garry with your idea.



# Monthly Meeting Activity

Tue July 27th	CANCELLED due to Covid-19 restrictions.
• Tue August 24th	<b>Movie Night</b> . Come along and watch a fascinating travelogue from the Bay of Bengal, through India and Nepal, to the summit of Everest. Tim Macartney-Snape – "From Seα to Summit"
• Tue September 28th	Speaker or activity wanted

#### Internet:

Bendigo Bushwalking and Outdoor Club Facebook https://www.facebook.com/groups/2186169581602751/

News from the Victorian National Parks Association https://vnpa.org.au/category/news/

#### **Bushwalking Victoria**

Directory of Bushwalks – 'where2walk' https://bushwalkingvictoria.org.au/frontpage/walks-directory

Bushwalking News Victoria – the monthly Bulletin with news, articles, and happenings. <u>http://www.bushwalkingvictoria.org.au/newsletter-archive.html</u>

Discounts for club and individual members are available from:

- Ajays Heathmont 10% off
- Bogong Equipment Melbourne 10% off
- Discovery Holiday Parks (Cradle Mountain 20% discount on shoulder and low season rates)
- EMC Deepdene 10% off'
- Fjällräven -15% off
- Paddy Pallin Melbourne, Ringwood, Hawthorn -10% off
- Smitten Merino 15% off online orders
- The Wilderness Shop Box Hill 10% of

#### Activities:

The Club relies on heavily on those few leaders who put on activities, and it is important that they be supported by the general membership. Have a read through the calendar and if something is even remotely interesting, contact the trip leader and get more information. Get involved.

If you have something for the calendar, or an idea for an activity, talk to Buzza [walks coordinator], and then send information to Garry for publication in the Newsletter. Be aware that an activity must be in the Newsletter for the Club insurance cover to apply.

For additions to the activities calendar:-

Email trip details to Buzza <u>buzza@bendigo.net.au</u> or ring 0438437680 Send a write-up to Garry for inclusion in the newsletter <u>garrybrannan@gmail.com</u>



Legislation creating the most significant addition to our parks estate in over a decade – 50,000 hectares of protected bushland – has just been added Victoria's wonderful parks estate.

This morning (24.6.21) the Andrews Government announced the creation of three new national parks for Victoria, which will provide permanent protection for over 370 rare and threatened animals, plants and insects.

A commitment has been formally tabled in Victorian Parliament. to create the new Wombat-Lerderderg National Park (near Daylesford), Mount Buangor National Park (near Beaufort) and the Pyrenees National Park (near Avoca), along with other parks and reserves including a new regional park at Wellsford near Bendigo.

This is a win for our wildlife, their habitats, and the communities who can enjoy these new parks whilst protecting their natural values at the same time.

The creation of these parks will create critical habitat connectivity over a fragmented landscape and be good for both the environment and local economies. For many local community groups this decision has been 15+ years in the making.

The decision has come with strings attached; The legislation still has to be developed and has yet to pass both houses of parliament, so we're not there yet, but much closer.

#### Matt Ruchel, Victorian National Parks Association

This document is a five page summary of the findings <u>https://www.veac.vic.gov.au/investigations-assessments/current-investigations/document/</u> <u>getDownload?fid=MjA</u>

Click on this link and the final report will download to your computer – this is a large document 115 pages <a href="https://www.veac.vic.gov.au/investigations-assessments/current-investigations/document/getDownload?fid=MjY">https://www.veac.vic.gov.au/investigations-assessments/current-investigations/document/getDownload?fid=MjY</a>=



The government does not accept recommendation A<sub>3</sub> for the Greater Bendigo National Park (addition), and instead this area will be added to the existing Bendigo Regional Park.

There is an immediate moratorium on commercial timber harvesting in the Wellsford block but the government rejected the recommendation for a Greater Bendigo National Park.

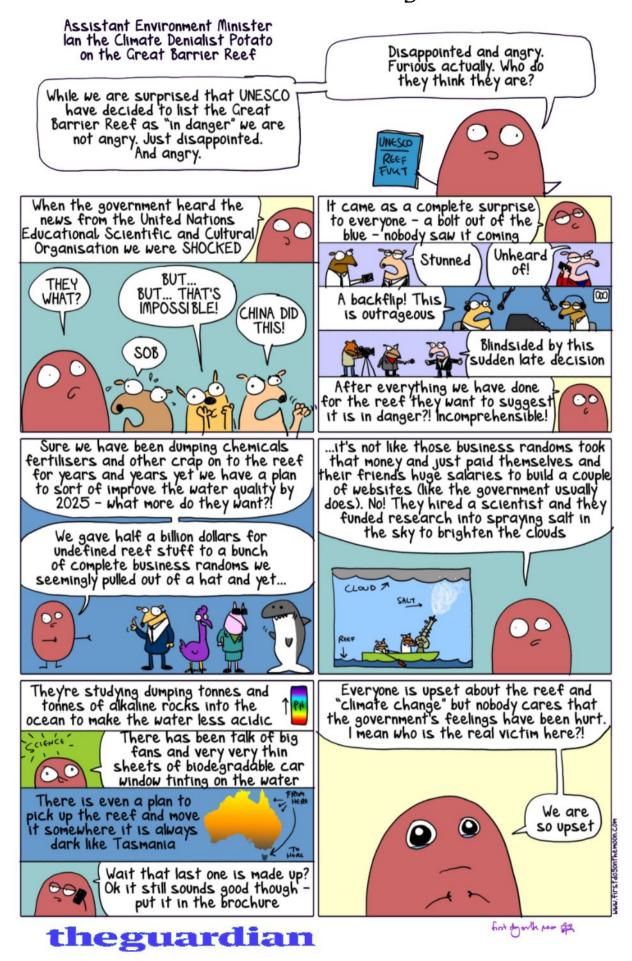
The moratorium will protect the area from the worst sort of commercial logging, though domestic firewood collection, mining access and inappropriate recreation may be an issue that will need to be closely monitored.

The government response states:

"This will support a broader range of recreational activities, provide another area for domestic firewood collection (from designated sites) until June 2029, and provide greater flexibility for the North Central Victorian Goldfields Ground Release.

The government supports mining occurring beneath the park addition and acknowledges that some minimally intrusive surface activity may need to occur in the regional park addition to support this."

# First Dog on the Moon



## Gear Review – "Ultralight" camping chairs.

I first saw a lightweight chair in action in Terrick Terrick National Park (under Tony Sherwood) and I must say that I wasn't sure at the time whether such a novelty was serious or not. This review considers two questions:

- Are lightweight chairs a useful addition to a pack?
- If they are, are there better and worse options?

I have two of these beasts – I bought one from Aldi (cost about \$50 from memory) to try it out and then got another (Mountain Designs, \$60 at Anaconda) from Santa (who didn't realise that I already had one).

I've just returned from a school "winter camping experience trip" at Lake Mountain, where I took the MD. (Santa was also on the trip, and she had her chair as well.)

At Lake Mountain, we camped in what started off as about 10 cm of snow, and the chair sat on the ground through the snow, and was, to put it simply, fantastic. You could relax or read in comfort, but it was also very easy to cook at ground level. So the answer to Q1 is a definite "yes".

Answering Q2 is somewhat trickier. On my scales, both chairs weigh 880 g, and the frames appear to be virtually identical, with the fabric covers being very similar as well, although the Aldi is a bit squarer.

The Mountain Designs comes with a snow and sand "foot" that I haven't tried, but it might be useful in deep snow or at the beach. Otherwise, I'd say these two versions are just about equal.



MD with foot at left, Aldi at right



Folded up framework

There are other, lighter but more expensive, chairs, but whether they are better or just smaller I'm not sure. And there are also cheaper, but heavier, chairs (around 1300 g) that use steel instead of aluminium alloy. I'd avoid those.

Andrew

#### First Aid Course

# Are any members interested in undertaking a First Aid Course or renewing their qualification?

We have grant money to spend, plus Bushwalking Victoria will contribute \$40 towards the cost of each member undertaking a First Aid Course.

#### There will be no cost to members.

Contact Kerry Cramer if you are interested – 0409 537 799



## Upcoming Walks and Activities

#### Social river trip – Bridge to Bridge at Nagambie – August 8th.

(Not Lake Eppalock as previously advised)

Paddle from Chinamans Bridge to Kirwins Bridge on the picturesque Goulburn River at Nagambie.

This is a great paddle on flat water, with stunning old bridges at either end, and an abundance of bird-life along the many quiet river stretches and lagoons. The return paddle will be via Nagambie for coffee and lunch on the bank lakeside.

Bring a cag or spray jacket, spray deck, warm fleece jacket in a dry-bag, with a change to wear home, plus lunch, snacks and water. Sun protection is always advised.

Distance: About 18km Suitable for Sea Kayaks and Canadians.

Garry Brannan 0450879917 garrybrannan@gmail.com

## Mt Buffalo Thursday to Sunday – August 12 - 15

#### Snow camp for Beginners and Winter Day Walks

Come up Thursday or Friday 2-4 day weekend

Leader/Organiser - Andrew McLean (5423 2022, 0418 135934, taragump@hotmail.com)

Transport. Carpool, park at the entrance to Lake Catani Campground.

Distance 330 km each way. Cars and 4WDs must carry chains.

Camping: Two or three nights camping on snow. Gear selections to be made with organiser.

Walking/Snowshoeing: Easy/Medium. Possible destinations include The Horn, The Hump, The Monolith. Choice of walks will depend greatly on weather and snow conditions. (Cross country skiing is also a possibility.)

If you've never tried snowshoes, don't have a snow bag, don't have a four season tent, have never camped in the snow before and are convinced that you would freeze, **this trip is for you!** 



But Garry, the car has to be here somewhere

Lake Catani is an ideal place to experience snow camping. It's free. It has a toilet, electric BBQ, and indoor dining area with tables and benches, and two fireplaces. (BYO wood). Campsites are sheltered and close by.

Because the campsite is less than 1 km from the car park, it is very possible to carry in creature comforts (eg foam squares, extra sleeping bags, hot water bottles, lightweight armchairs, firewood)

The organiser has access to three pairs of snowshoes (these fit over normal boots), numerous duvets, spare sleeping bags, and four season tents, although snow tents aren't really necessary.

Prior to the trip participants will have the opportunity to discuss gear choices with the organiser and become confident of survival!

Andrew 5423 2022 0418 135934 taragump@hotmail.com



The picnic shelter, July 2007

## Sunday 5th September – Mt Kooyoora West Ridge.

Day Walk. Grade: Easy. Circuit walk: 13.7km. Fuel: Zone 2 – \$15.

Some off track through light scrub with the ground littered with timber, some rock scrambling, and a section on a road.

Bring: Morning Tea, nibbles, lunch and water. Long pants or gaiters, sun hat, sunscreen, beanie, rain jacket.

Highlights: Granite boulders of all sizes up to massive, rock shelters, overhangs, balancing rocks and colorful rock markings. Expansive views and the wild and beautiful Mt Kooyoora and its western ridge. Wallabies, kangaroos and various birds including wedge-tailed eagles.

Meet: Club's Meeting Hall in Forest Street, 8.30am sharp.

Garry Brannan 0450879917

#### Great Victorian Rail Trail Friday 17th – Sunday 19th September

Type: Bike Ride Grade: Medium/Hard (201km)

DESCRIPTION: A two or three day ride depending on whether you are free to get away to ride on Friday, otherwise a weekend ride of two days is possible

Thursday:	Travel from Bendigo to Yea, 135km. Overnight: Thurs, Fri & Sat at Yea CP (camping or cabin)		
Friday:	Ride on GVRT from Yea to Alexandra (return) 64km		
Saturday:	Ride on the GVRT from Boonie Doon to Yea (one way) passing through Merton, Yarck and Molesworth 61km		
Sunday:	Ride on the GVRT from Tallarook to Yea (return) passing through Homewood, Kerrisdale and Trawool 76km		
Costs:	1. Fuel Share: Zone 3 \$30 + \$5 for car shuffles 2. Accommodation costs for camping or shared cabin at Yea Caravan Park.		

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

#### Cathedral Ranges – Friday 24th - Sunday 26th September

Type: Day W	/alks Grade: Medium & Medium/Hard			
Costs: Fuel Share: Zone 3 – \$30 Camping: \$15 for 3 nights				
DESCRIPTION: Long weekend (Grand Final Holiday) base camp with three day walks				
Thursday:	Travel from Bendigo (185km) and set up camp at Ned's Gully Campsite in the Cathedral Ranges State Park			
Friday:	11.5km (Medium/Hard) The Southern Circuit day walk explores the southern circuit of the range taking in Wells Cave, Sugarloaf Peak, The Farmyard and South Jawbone			
Saturday:	17km (Medium) The Rubicon Aqueducts walk is in the Rubicon valley a few kilometres east of			
	the Cathedral Ranges, a valley that has been used to generate hydro power for many years. Wonderful forest area plus power station and old tramline used for service which makes for some relatively easy walking			
Sunday:	14km (Medium) The Northern Circuit day walk explores the northern range taking in South			
	Jawbone Peak, North Jawbone Peak (optional side trip), The Farmyard, Little Cathedral Peak, Neds Peak and Neds Gully			

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

## South Gippsland Rail Trails Friday 1st – Sunday 3rd October

Type: Bike Ride Grade: Medium (159km)

DESCRIPTION: A two or three day ride depending on whether you are free to get away to ride on Friday, otherwise a weekend ride of two days is possible

- Thursday: Travel from Bendigo to Toora, 335km. Overnight: Thurs, Fri & amp; Sat at Toora CP ( camping/cabin)
- Friday: Morning ride on the Grand Ridge Rail Trail from Boolarra to Mirboo North (return) 26km. Afternoon ride on Great Southern Rail Trail from Toora to Port Welshpool (return) 30km
- Saturday: Ride on the Great Southern Rail Trail from Leongatha to Toora passing through Meeniyan, Fish Creek and Foster 57km
- Sunday: Ride on the Bass Coast Rail Trail from Wonthaggi to Woolamai (return) passing through Kilcunda and Anderson to the Woolamai Racecourse with glimpses of the Bass Straight ocean along the way 46km

Costs: 1. Fuel Share: Zone 6 \$55 + \$10 for car shuffles 2. Accommodation costs for camping or shared cabin at Toora Caravan Park.

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

## Landsborough Hill Nature Conservation Reserve – Saturday 23rd October

Day Walk. Distance – about 10 Km.

Rating: Hard to easy.

The walk starts on Frenchmans Track just inside the reserve, 10 min from Moonambel.

Initially the walk will take us up the steep side to Landsborough Hill, (that's the hard bit over and done with, about 2km). After that a stroll along the summit ridge track south, then contour downwards on a compass bearing back to the car, via some old gold workings. The area looks good, and hasn't been killed off by government burns. Perhaps we may see a wealth of wildflowers.

Map: Navarre Sth 7524-3-S. 1:25,000. Or ....Google.

Fuel: Fuel ring is 2-3. Suggested contribution is >\$20.00...

Bring: Water, food and lunch & Compass. First aid for sprains and snakes. Clothing for any October weather. (If we see any lightning about, I will be the first to run away.)

Communication: I found I always had at least 1 bar of signal on 3G.

Meet: Club rooms, Forest St. Depart at 9 AM.

Visitors: \$2.00 fee for insurance and will have to fill out a waiver form

Contact: Bill Clark 0408 545 256.

## Wilderness Coastal Walk + more

#### Sat 4th Dec to Sun 19th Dec 2021 - note change to dates

Opportunity to walk along one of the most remote sections of coastline in Vic and NSW. Major features of the walk include rocky headlands, sea caves, sweeping sandy beaches and saltwater estuaries. Plus numerous birds, plants and animals of the coastal environment.

FIRST WEEK:

- From Mallacoota past Cape Howe into NSW finishing at Wonboyn
- 6 days with 5 days of pack carrying plus a rest day, distance 59km, rating Medium

SECOND WEEK:

- From Wonboyn into (South) Ben Boyd NP and walking the Light to Light walk
- 4 days with 3 days packing carrying (34km) plus a day walk (13km), rating Easy/Medium
- From Boydtown to Eden into (North) Ben Boyd NP and finishing at Pambula River
- 2 days with no pack carrying just day walks (30km), rating Easy/Medium

COSTS:

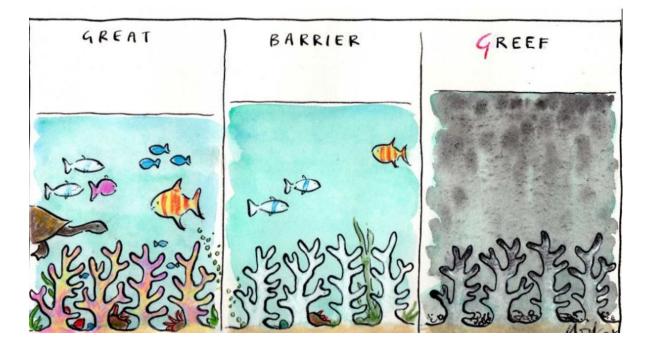
- Walking permits (5 nights) for week 1 are \$50
- Accommodation (cabins) in Mallacoota (4 nights) about \$160
- Camping fees in Ben Boyd NP (3 nights) about \$36
- Accommodation (camping) in Eden (2 nights) about \$25
- Boat charges at Mallacoota & Wonboyn about \$15
- Car travel costs will involve travel from Bendigo to Mallacoota and return about 670 km each way – plus extra costs to relocate the cars and walkers at the start and end of each section the walk, Zone 9 is \$95 + extra for car shuffling, total of \$110

OTHER DETAILS:

- Maximum party size is 8
- It may be possible to make a one week trip from Bendigo and complete the section from Mallacoota to Wonboyn or from Wonboyn to the Pambula River
- Expressions of interests required now
- Application and payment for walking permits will be made on 27<sup>th</sup> August

For more details on the proposed itinerary contact

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



# BBOC ACTIVITIES CALENDAR July – December 2021

Date	Description	RATING	Comments	Contact
JULY				
Tuesday July	27th — Club Meeting -	- CANCE	LLED due to Covid-19 restrict	ions.
AUGUST				
Sun Aug 1st	– Mt Kooyoora West R	Ridge – C	ancelled – Rescheduled for S	eptember 5th
August 8th	Chinermans Bridge to Kirwins Bridge	Easy	Paddling on the Goulburn River at Nagambie 12km	Garry Brannan 0450879917
August Thur 12th – Sun 15th 2021	Mt Buffalo Snow camp for Beginners and winter day walks –	Easy	Possible destinations include The Horn, The Hump, The Monolith.	Andrew McLean 5423 2022 0418 135934,
Tuesday August 24th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St		<b>Movie Night</b> . Come along and watch a fascinating travelogue through India and Nepal to the summit of Everest. Tim Macartney- Snape – From Sea to Summit	Garry Brannan 0450879917
SEPTEMBER				
Sun Sept 5 <sup>th</sup> From Aug 1st	Mt Kooyoora West Ridge. Circuit walk: 13.7km	Day Walk Easy	Expansive views and the wild and beautiful Mt Kooyoora West ridge.	Garry Brannan 0450879917
Sat Sept 11th	Mt Camel/Mt Pleasant to Chinaman's Pass.	Easy	Day Walk	Ray Wilson 54478862
Sunday Sept 12th	Goulburn River and Lake Nagambie Paddling	Medium	29km. Might be Sat/Sunday Camp.	Garry Brannan 0450879917
Fry 17th Sep — Sun 19th Sep	Great Victorian Rail Trail	Medium	2 or 3 days of riding on the Great Victorian Rail Trail	David Crocker 0409 425 604
Saturday 18 September to Sunday 3 October, 2021 (16 days)	Flinders Ranges day walks Rating Moderate/hard Full details provided on request	Medium/ Hard	Variety of base camp and a choices from 16 day walks Ranging from Quorn (S) to the Aroona Valley (N) Many other attractions (eg. ruins, cemeteries, plants, geology)	John Lindner, 5448 3406, jwl.bendigo@ gmail.com
Fri 24th Sep – Sun 26th Sep	Cathedral Ranges	Medium/ Hard	Base camping, walking the Northern Circuit (15km), Southern Circuit (11km) and Rubicon Aqueduct (17km).	David Crocker 0409 425 604
Tuesday Sept 28th 7.30pm	Club Meeting - Presbyteria Hall, 35-41 Forest St	n Church	Speaker or activity wanted	Garry Brannan 0450879917
October				
Fri 1st Oct — Sun 3rd Oct	South Gippsland Rail Trails	Medium	3 days of riding on 3 different Rail Trails (GSRT, MNRT & BCRT)	David Crocker 0409 425 604
Sunday October 10th	Laureston Reservoir <b>incl</b> tour inside the wall	Easy	9km – pleasant paddling on flat water. Ideal for new paddlers.	Garry Brannan 0450879917

Sat Oct 16th	Mt Hayes to Tooborac via Mt Koala	Easy/Med	Day walk	Ray Wilson 54478862
October 23 to October 29	Paddle the Gippsland Lakes from the Port of Sale to Lakes entrance	Hard	Five days plus travel. Distance – 8oKm with 5okm on open water. For experienced paddlers only.	Garry Brannan 0450879917
Saturday. 23 OCT	Landsborough Hill Nature Conservation Reserve	Day Walk.	A short steep climb to the top of Landsborough Hill, then an easy scenic ridge walk	Bill Clark 0408 545 256
Tuesday Oct 26th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St		Speaker or activity wanted	Garry Brannan 0450879917
November				
Friday 12th — Monday 15th	Federation Walks – Based in Licola.		Gippsland Foothills and Southern Alps – <u>https://fedwalks.org.au/</u>	
Tuesday Nov 25th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St		Speaker or activity wanted	Garry Brannan 0450879917
December				
Sat 4th Dec to Sun 19th Dec	Mallacoota (Vic) to Boyd's Tower (NSW)	Medium	Pack Carry along some of the best coastline in Australia. 55km & 51km	David Crocker 0409 425 604
December 19th	Lake Eppalock	Easy	Twilight paddle, 8km Ideal for new paddlers.	Garry Brannan 0450879917
ТВА	Club breakup			

#### FedWalks 2021

#### Bookings Open on 2 August!

The combined Gippsland clubs are excited to host the Federation Walks Event for 2021 based at the Licola Wilderness Village from 12-15 November 2021. This year the event will be a unique experience, with an extended weekend of activities for participants to make the most of traveling to this remote part of Gippsland.

Choose from a suite of walks that highlight the southern section of the Australian Alps, showcasing mountain tops, deep gorges, waterfalls, and expansive snow plains. The program includes a variety of walks to suit a range of abilities, including some overnight options. Walks on offer range from Very Easy to Very Hard – choose carefully as when it says challenging, it really is!

More information and the walks program is available on our website: https://fedwalks.org.au/



## BENDIGO BUSHWALKING AND OUTDOOR CLUB INCORPORATED MEMBERSHIP RENEWAL 2021 – 2022

#### New and renewing members alike MUST sign the Acknowledgment of Risk.

Membership fees are due from the first of July. Adults \$40, Family \$60. Payment as follows:

- Post a cheque together with this form to The Treasurer, Bendigo Bushwalking and Outdoor Club,
  PO Box 989, Bendigo 3552
- Bring cheque or cash to the monthly meeting: 4th Tuesday of the month, 730 pm, Presbyterian Church Hall, Forest Street
- or pay by Direct Debit BSB 633000 Account No 134109016 Reference your name. Please notify the Treasurer and provide a signed Acknowledgment of Risk at the earliest opportunity.

#### Please complete all the following sections

I. FLASON			
Adults	1	2	
Children	1	2	
Address			
			Postcode
The Mobile		Tome	
Email			
Next of Kin/	Non	ninated person to contact in an emergency	
Name			
Address			

#### 2. ACKNOWLEDGMENT OF RISK AND OBLIGATIONS OF MEMBERS

This acknowledgment of risk applies to all club activities I may undertake as a member of the Bendigo Bushwalking and Outdoor Club Inc. In voluntarily participating in activities of the club which are described to me by the activity leaders, I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness or death, or to loss of or damage to my property, I also acknowledge that I may encounter weather conditions that could lead to hypothermia and being in locations where evacuation for medical treatment may take hours or days.

In particular when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks described to me by the activity leader.

To minimise risks I will endeavor to ensure that:

- 1. Each activity is within my capabilities.
- 2. I am carrying food, water and equipment appropriate for the activity.

In addition:

- 1. I will advise the activity leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity.
- 2. I will make every effort to remain with the rest of the party during the activity.
- 3. I will advise the leader of any concerns I am having.
- 4. I will comply with all reasonable instructions of club officers and the activity leader.

I have read and understand the above requirements. I have considered the risks before choosing to sign this acknowledgment of risk. I still wish to join the activities of the club. I acknowledge that I will take Responsibility for my own actions and that signing this form or the payment of my subscription will be deemed as full acceptance and understanding of the above conditions, Name \_\_\_\_\_\_ Signed \_\_\_\_\_\_ Date \_\_\_\_\_