

# RELEVANT DOCUMENTATION

Even though camping can be seen as a pretty easy thing to plan for, there is a lot of important documentation that needs to be completed thoroughly so a camp can run safely and smoothly.

Documentation that you need to have prepared before leaving on camp is:

**Medical history** - Medical history of all group members is important when bushwalking. Firstly it will show what necessary medication is needed in the group first aid kit, but also what risks can be reduced by understanding the possible scenarios that could arise.

**Route Plan** - Making sure everyone understands the route that will be taken is important so that everyone can have the ability to be a leader as well as understanding the possible considerations of the environment (e.g steep cliff = keeps 3 points of contact). But this is also important to be handed to someone else in case you become lost or an emergency occurs, it allows the search team to understand what path you were taking.

**Booking** - Ensuring that you have the booking confirmations for your campsite printed out in case you need to show that you have booked that campsite.

**Maps** - Ensure everyone has easy access to their maps to help prevent getting lost and allow everyone to practice using different mapping skills when they are not leading.

**Risk Management** - Risk management plans are paramount when planning for a bushwalk. Planning ahead of time can help reduce the risks and increase safety for everyone in the group as well as make dangerous scenarios become clearer as there is already a game plan set if it did occur. It can also help when presenting information in legal battles as you have evidence of you preparing for risks and did to your best ability to not be negligible.

A risk management plan looks something like below, however it includes many more risks and scenarios than just three.

Activity: Aidinga Scrub - Bushwalking - PEOPLE							
Risk	Consequence / Probability	Risk Level	Controls	Adjusted Consequence / Probability	Residual Risk Level	Control Implemented / By whom?	Acceptable to Proceed
Lack of prior experience, preparation & training	C. Detrimental Unlikely	Medium	Pre-activity visit to area + information brief Safety brief Checks by student leaders Supervision of student leaders + Uni staff	C. reduces to Harmful. P. assessed as Highly Unlikely.	Low	1. Student leaders 2. Uni staff member	Yes
Inappropriate <del>perfor</del> participant misbehaviour	C. Harmful Highly Unlikely	Low	Pre-activity information Establish ground rules/ behaviour expectations Monitor and follow up consistently		Low	1. Student leaders 2. Uni staff member	Yes
Inappropriate clothing/ footwear	C. Harmful Likely	Medium	Pre-activity information + Safety brief Checks by Student leaders + Spares on hand Supervision of leaders by Uni staff	P. reduces to Highly Unlikely.	Low	1. Student leaders 2. Uni staff member	Yes

As you can see, it identifies the risk, the possibility of the risk, the consequence (first aid needed - detrimental) and identifies what controls can be put into place to prevent/lower the risk and consequence of the scenario.

The consequence and possibility identify what the risk level is using the risk matrix given here:

Risk Matrix



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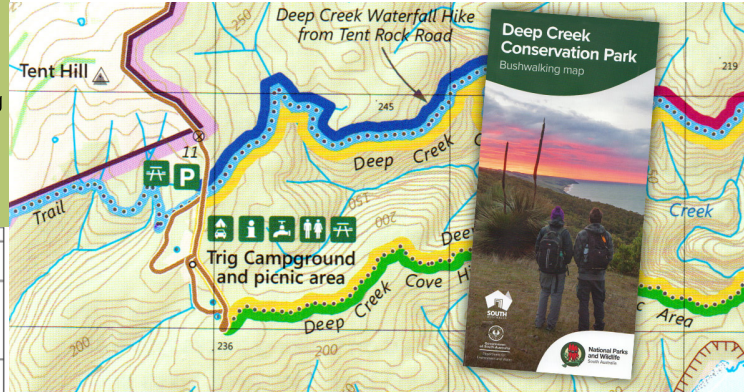
# CHECKS AND OTHER CONSIDERATIONS

Before leaving, there are some necessary checks that must be done closer to the leaving date.

**Weather** - Obviously weather can cause many different outcomes for a bushwalking camp. For example, if the forecast is showing a high amount of rain and cold weather, it would be smart to advise your group to be prepared to be wet (bring extra clothes, make sure your shoes have adequate grip, waterproof ALL your gear). Weather can change, do not rely on a check 2 weeks before! Constantly check and if the ability, check while on the walk to understand what risks may come up for that specific day.

**Trail closure** - Trails in national parks do close, whether that be for safety (flooding, landslides) or fixing of the trail. Make sure before you leave that along your planned route there are no closures and that you can follow that route happily.

**Medications** - Is there anyone in your bushwalking camp that needs personal medication? Do they know how to administer it? Does anyone else in case the person can not? Who has their first aid certificate? These are all questions that need to be asked before leaving on a bushwalking camp. It is important for multiple people to understand how to administer personal medications in case the person can not speak or show anyone.



## OTHER RESOURCES

**National Parks and Wildlife Services South Australia -**  
<https://www.parks.sa.gov.au/parks/deep-creek-conservation-park#see-and-do>  
**Bushwalking Manual -**  
<https://bushwalkingmanual.org.au/>  
**National Parks Association of NSW -**  
<https://www.bushwalking101.org/plan-ahead-and-prepare/>  
**Bushwalking - AAS -**  
<https://outdoorssa.org.au/wp-content/uploads/2017/03/Bushwalking-AAS.pdf>

## REFERENCES

Bushwalking Victoria. (2021). Bushwalking Manual. Retrieved 22 July 2021, from <https://bushwalkingmanual.org.au/>  
National Parks and Wildlife Service South Australia. (2021). Deep Creek Conservation Park. Retrieved 22 July 2021, from <https://www.parks.sa.gov.au/parks/deep-creek-conservation-park#about>  
Recreation South Australia. (2015). South Australian Adventure Activity Standards Industry Endorsed Advice for Organisations, Guides and Leaders - Bushwalking [Ebook] (p. 12). South Australia: Government of South Australia - Office for Recreation and Sport. Retrieved from <https://outdoorssa.org.au/wp-content/uploads/2017/03/Bushwalking-AAS.pdf>



# PREPARING FOR A BUSHWALK

A GUIDE TO PLAN AHEAD OF YOUR BUSHWALK



# PRIOR KNOWLEDGE

Prior knowledge can be important in many different aspects before going on your bushwalk. As you can see provided by the National Parks and Wildlife Service South Australia, they have suggested a few things that people should know before they go to the Deep Creek Conservation Park (as seen in the picture below).

**Knowledge of the Area** - With one of them being prior knowledge of the area, before you go every national park or destination has its own unique environment. Whether you learn about the area through maps, photos, publications or other walkers/locals (Bushwalking Victoria, 2021). More information can be found through the Bushwalking Manual website.


**Student Abilities** - Before going out on your bushwalk it is important to have an understanding of your students and their abilities. By asking students about their previous experiences of bushwalking. Then by taking students on smaller walks around your area and seeing how they cope to gauge a better understanding of their abilities before the final bushwalk. This will then help the leader understand what type of leadership they will have to use to guide the students through their walk. Whether that is autocratic, democratic or Laissez-faire (Abdicratic), the leadership type will also depend on the outcomes you are wanting for your students and the bushwalk

**Plants and Animals** - Another consideration is knowing what types of plants and animals will be in the area. The National Parks and Wildlife Service of South Australia (2021) informs readers that the Deep Creek Conservation Park has a large portion of remnant natural vegetation along the Fleurieu Peninsula. The animals that will be seen in the Deep Creek Conservation Park will be kangaroos, echidnas and over 100 bird species that can be heard or spotted within the park (National Parks and Wildlife Service of South Australia, 2021).


**Phone Reception** - In case of an emergency it will be important to have prior knowledge on phone access in case of an injury or illness. As most people own a mobile phone it is a good first option for communication in an emergency. However, mobile phones have some limitations in certain areas where they will not work. Therefore, it will be important to check mobile phone coverage or have a satellite phone on hand. Due to Bushwalking Victoria (2021) each of the networks provide coverage maps which give a reasonably good indication of mobile phone coverage.

# PREPARATION AS A LEADER

When preparing as a leader there are many important components before going bushwalking. It is important to create a specific checklist as seen in the link to make sure that leaders are taking the required items or extras in case students don't have them.



Day Trip - Leader Checklist



Bushwalking Checklist Consideration

**Assigning Roles** - It will also be important to assign roles before, during and after the bushwalk. Specifically before the bushwalk there are certain roles (risk management, accomodation, transport, equipment, etc) assigned to students or other staff to make sure everything is being covered to organise/plan. When on your bushwalk having a front and back leader is important for the students to demonstrate leadership. These students will have an important role to make sure the whole group of students are accountable and no one gets lost or left behind.

**Route Plan** - Planning and understanding the route plan that you will be undertaking on your bushwalk is important. However, the most important part of route planning is having it all written down and given to someone (school/university) so that they know where you are going and if anything was to happen they would have an idea of where you are in case of an emergency. An example of this looks like the example below.

Stage	Objective	Grid reference	Bearing	Km	Height + & or -	Terrain	Stage Time	E.T.A. & Remarks
PM	At Consett Stephen Pass	220772						Lunch till 12.30pm

# PREPARING PARTICIPANTS

## Food and water

When planning for your bushwalk, food and water are extremely important in terms of survival and having the energy to complete the walking throughout the day. In terms of energy, it is necessary to be eating high energy and filling foods. Some suggestions are;

**Breakfast:** Cereals, muesli, porridge, fruit

**Lunch:** pita bread, crackers, rice Slices topped with cream cheese, cheese, tuna, tomato, lettuce, capsicum, spreads, fruit.

**Dinner:** Pasta, rice or noodle dishes with a selection of dehydrated and fresh vegetables. Can be eaten with additions of two minute noodles, or cup of soups.

**Desserts:** rice-pudding, cookies, hot chocolate.

**Snacks:** Dried fruit, scroggin (A mixture of dried fruit, cuts, lollies, chocolate)

**Drinks:** Water (minimum of 2L per day bushwalking), tea, coffee, drinking chocolate.

**\*Reminder** - you **DO NOT** have the ability to carry esky's or have a fridge at your camp, you need to remember, certain meat will not last in your pack for more than one day.

## Day Trip Checklist



## Bushwalk Checklist



## Equipment

The Equipment needed for a bushwalk may vary depending on location, weather and route chosen. The list supplied is a general list for a 3 day bushwalk, you may need to chop and change some items according to your camp. A day trip has also been supplied, this is the gear you would need to take if you were walking from a basecamp and returning to the same camp. Allowing you to not take all your food, water, tent and extra clothes.



## More Information

**Medical history** - As a leader it will be important to have an understanding of all your participants/students medical history in case of any injuries or illnesses. Then to make sure all participants have their required medication they may need. For example people who have asthma taking their Ventolin and spacer, or people who have severe allergies having one or two EpiPens in case of a reaction to something.

# BOOKING CONSIDERATIONS

Before going on your bushwalk it is important to consider any types of bookings or permits to your desired location. The first consideration is camping as campsites need to be booked prior to your arrival. The fees can differ depending on the campgrounds; this can be checked via the online booking page of National Parks and Wildlife Services South Australia (National Parks and Wildlife Services South Australia, 2021).

Any other unknown questions about booking online can also be possibly answered through this link (National Parks and Wildlife Services South Australia, 2021). The next consideration is transport, making sure the right size bus is booked for the number of students going and the bus accessibility to the camp destination. Whilst the preparation is important, having the confirmation for the camp sites, permits, and transport is also important to have access to.



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# UNDERSTANDING RATIOS

When preparing for a bushwalk it is important to understand the ratios of qualified and/or experienced leaders to dependent participants (Recreation South Australia, 2015). Ratios are determined by a risk assessment process according to Recreation South Australia (2015), where the following factors are taken into consideration, which can be seen via the pdf. The suggested ratios should be determined on the environment (sensitivity, remoteness and hazards), the group and leader(s) (age, ability, experience, knowledge, fitness and skill) and the equipment (season range and available resources)(Recreation South Australia, 2015).Below are some guidelines for ratios specifically for bushwalking. However, the ratios may vary depending on what the risk assessment identifies most appropriate to the situation (Recreation South Australia, 2015).

Groups where dependent participants are predominantly <b>minors (under 18)</b>				
Terrain Grade	Duration	Ratio	Leader (min)	
On track in reasonable terrain (Grades 1-4)	day	1:15	1	
On track in reasonable terrain (Grades 1-4)	overnight	1:10	2*	
Remote or difficult terrain (Grades 5-6)	day	1:5	2*	

\*This may consist of one primary leader and one deputy or assistant leader.

**FLAG:** Where the group is a mixed gender and there are two leaders aim to include a male and female leader.

Groups where dependent participants are predominantly <b>over 18</b>			
Terrain /Grade	Duration	Ratio	
On track in reasonable terrain (Grades 1-4)	day	1:22	
On track in reasonable terrain (Grades 1-4)	overnight	1:15	
Remote or difficult terrain (Grades 5-6)	day	1:10	

