



Extreme Outdoor Adventure Club
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K2 Extreme Club Rules and Ethics

MEMBERSHIP FEES

- (1) Fees will be paid when submitting an application for membership.
- (2) The individual membership is \$15 per year inclusive of GST and is valid from January 1st – December 31st. All persons above 15 years of age are required to pay this fee.
- (3) A Club T-shirt can be purchased for \$15.

MEETINGS

- (1) As a financial member of the club, there are no official club meetings. Leaders meet to plan the next 3 months of activities. These will be posted on the website www.k2extreme.com.au at the commencement of the months of March, June and September. Newsletters will be posted upon request as stated on the application form.

ACTIVITIES

- (1) The leader or instructor, on behalf of the club, has full control of the activity.
- (2) Participants in all activities must sign the Deed of Release, Waiver of Liability and Indemnity form on the day of the activity. Participants are also required to supply the leader or instructor or have supplied K2 Extreme with their medical details including an emergency contact person.
- (3) Participants on the activity must obey all reasonable instructions given to them by the leader or instructor.
- (4) Nominate for an activity as soon as possible, as this will assist with planning (Note: Booking & Confirmation Procedures)
- (5) Be punctual and arrive at least 5-10 minutes prior to the carpool or start time of an activity.
- (6) If you are unable to attend an activity, advise a K2 Extreme staff member as early as possible on (07) 3257 3310 or the leader the evening prior or the morning of the activity. The contact details for the Leader is listed on the trip sheet.
- (7) No leader or instructor shall be financially disadvantaged from an activity, and may seek reimbursement.
- (8) Unless otherwise requested by the leader, an activity with less than 4 members will be postponed for safety reasons.
- (9) Club members will take priority on activities when booking.
- (10) Members will only be allowed to participate in a Grade 5 and 6 Level walks, after they have exhibited competence in the previous levels.

MINIMAL IMPACT ACTIVITIES

- (1) All members must know and abide by the current Minimal Impact Practices.

ALCOHOL

- (1) Alcohol in moderation is permitted on club activities.
- (2) The trip leader has the discretion to not allow alcohol on an activity.

SMOKING

- (1) Smoking is permitted, but for the consideration of others, smoke away from other club members.
- (2) Dispose of butts properly - take them with you.

GRIEVANCES

- (1) Any grievances or disharmony within the Club should be brought to the attention of K2 Extreme staff.

Activity Grading Systems

The grading systems below are a guide for trip leaders to use, to advertise the **difficulty** of an activity and for participants to be aware of what to expect and judge their capability. Trip leaders should grade their activities according to the grading system. For activities longer than one day, the activity should be graded on the **worst/longest day**. New members are required to participate in an easier graded activity prior to tackling an intermediate/ advanced level. This is to ensure safety of the group and the individual.

It is essential that checklists be viewed prior to booking onto an activity. These are attached to the trip sheets for each activity. A leader is instructed to leave behind any participant who they feel may not be suitably equipped. Ensure you have all the items listed under the **Absolute Essentials** of the checklist. If you have any questions on the equipment required, contact the Extreme office.

BUSH WALK GRADING SYSTEM

This system is a guide for participants to assess their ability to complete a walk given the associated terrain and fitness levels detailed below

Max. kms/day	Terrain	Fitness
S = Up to 10km M = 10 – 15km L = 15 – 20km XL = Over 20km	1 – 3 = Graded track or open terrain, minor creek crossings. 4 – 5 = Minor scrub/ rainforest, off track, rock or creek hopping, minor scrambling. 6 – 7 = Thick scrub/ rainforest, off track, rock creek hopping, significant scrambling. 8 – 10 = As above, exposed scrambling required.	1. Low fitness 2. Moderate fitness 3. Good fitness 4. Good fitness with agility 5. High fitness level 6. Strenuous, experienced, fit walkers only

BIKE RIDE GRADING SYSTEM

This system is a guide for participants to assess their ability to complete a bike ride given the associated terrain and fitness levels detailed below

Max. kms/day	Terrain	Fitness
S = Up to 20km M = 20 – 50km L = 50 – 80km XL = Over 80km	1. Cycle track, some incline 2. Some hills, traffic 3. Rolling hills, steep sections, busy road sections 4. Dirt road, hard rolling, many hills 5. Sustained climbs 6. Rough single track, quite technical	1. Low fitness 2. Moderate fitness 3. Good fitness 4. Good fitness with agility 5. High fitness level 6. Strenuous, experienced, fit riders only

ACTIVITY CHECKLISTS

Below are items you will find listed on the trips for a day walk and overnight walk. Each of these has the same 'recommended' and 'optional' gear listed, however note the different equipment requirements on the 'absolute essentials' list.

Leaders are required to leave those behind who do not have all items from the essentials list, so be sure to be prepared!

Day Walk Checklist

Absolute Essentials

- Boots (must be fully enclosed - no sandals/joggers unless specified)
- Gaiters (unless otherwise specified)
- Daypack
- Water - minimum 2 Litres (bladder or 2 separate containers is best)
- Torch/Headlamp with spare batteries
- Raincoat/Poncho
- First aid kit (incl: blister kit, aspirin/Panadol, band-aids, personal medication)

Overnight- Through Walk/Base Camp Checklist

Absolute Essentials

- Boots (must be fully enclosed - no sandals/joggers unless specified)
- Gaiters (unless otherwise specified)
- Rucksack /Travel pack
- Water - minimum 2 Litres (bladder or 2 separate containers is best)
- Torch/Headlamp with spare batteries
- Raincoat/Poncho
- First aid kit (incl: blister kit, triangular bandage, aspirin/Panadol, band-aids, personal medication)
- Tent/Bivvy/Hammock
- Sleeping bag
- Sleeping mat

Recommended

- Light fleece/Thermal top
- Hat/Cap
- Sunscreen & insect repellent
- Toilet paper & toilet trowel
- Rubbish bags (we pack out what we pack in, also for wet and muddy gear)
- Pack liner/Plastic bag (for waterproofing in case it rains)
- Lunch & snacks
- Whistle
- Map & compass (ideally the leader should not be the only participant with these items)
- Spare change of dry clothes for end of walk (be considerate of those members who provide your transport)

Optional

- Personal water filter (depending on area)
- Camera & binoculars
- A walking pole
- Protective gardening gloves or similar (useful for off track walks)

Cycle Checklist- Road/ Mountain Bike

Requirements by Law

- A well maintained bike
- Helmet
- Lights - white, front and red, rear (flashing LEDs recommended as light, bright & long lasting)
- Bell & reflectors
- Knowledge of Road Rules for Cyclists

www.transport.qld.gov.au/qt/driver.nsf/index/cyc_safety_roadrules

Absolute Essentials

- Riding shoes (must be fully enclosed - **NO SANDALS**)
- Pump
- Tyre repair kit (incl: puncture repair kit, spare tube & tyre levers)
- Tool kit (incl: tools to suit your bike, eg. spanner, allen keys, screwdriver, chain breaker & link or an appropriate multi tool)
- Lube
- Torch/Headlamp **with** spare batteries (not to replace bike lights)
- Daypack or pannier
- Water - minimum 2 Litres (bladder or 2 separate containers is best)
- Raincoat/Poncho
- First aid kit (incl: blister kit, triangular bandage, aspirin/Panadol, band-aids, personal medication)
- Protective gloves
- Sunglasses/Goggles/Eye Protection (dirt, sticks & bugs do not belong in your eyes)
- Sunscreen & insect repellent
- Toilet paper & toilet trowel
- Rubbish bags (we pack out what we pack in, also for wet and muddy gear)
- Lunch & snacks
- Whistle
- Spare change of dry clothes, towel & garbage bag for gear for end of ride to be left in car (be considerate of those members who provide your transport)

Recommended

- Tool & spare tyre pouch (mounted under seat - gets some weight off your back)
- Reflective clothing
- Light fleece / Thermal top
- Hat/Cap (for when not riding bike & useful if your helmet does not have a visor)
- Pack liner/Plastic bag (for waterproofing in case it rains)
- Map & compass (ideally the leader should not be the only participant with these items)

Optional

- Kneepads
- Camera & binoculars

Gear List for Kayak and Canoe Overnight Trips

Absolute Essentials

- Shoes you can wear in water
- Hat
- Sunscreen
- Water – minimum 6 Litres
- Torch / Headlight with spare batteries
- Raincoat / Poncho
- First Aid Kit
- Tent / Bivvy / Hammock
- Sleeping bag
- Sleeping mat

Recommended

- Sun Protective Clothing & Gloves (lightweight long sleeve shirt & long pants or a sarong / towel to put over legs)
- Clothing for camp (including dry footwear)
- Swimmers & towel
- Insect repellent
- Toilet paper & toilet trowel
- Rubbish bags
- Dry bags / plastic bags (for waterproofing gear – 1 barrel per canoe will be provided for gear – share between 2 people)
- Food for weekend - 2 lunches, 1 dinner, 1 breakfast and snacks
- Stove, fuel, matches – lighter, cookware, cutlery, cup & bowl
- Sharp knife (e.g. pocket knife)
- Whistle
- Toiletries
- Spare change of dry clothes for travel home

Optional

Camera & binoculars