

# Activities Guidelines



# From the ACTIVITIES CONVENOR



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## Activities

All NPAQ Activities are listed on the NPAQ website: [www.npaq.org.au/events](http://www.npaq.org.au/events)

They will also be listed in our bi-monthly magazine "*Protected*", and in our fortnightly bulletin "*Neck of the Woods*".

You can subscribe to receive "*Protected*" and "*Neck of the Woods*", by going to: [www.npaq.org.au/Publications](http://www.npaq.org.au/Publications).

### Activity Leader Contact Details

You will find Activity Leader contact details with each activity listed on the NPAQ website.

They will also be included either as an insert in these Guidelines or in an edition of "*Protected*" magazine.

The NPAQ Activities Committee is pleased to provide these Guidelines to assist in your preparation and participation in our Activities program.

Our objective is to offer a wide variety of interesting and stimulating experiences to showcase the wonderful diversity and heritage that we have in our National Parks in Queensland and beyond. We hope to kindle a love of the environment and an appreciation for the natural world in those who are new to the outdoors, and to support more experienced participants in their ongoing love and appreciation of the protected areas within this state.

Safety is a key priority in conducting our program. These Guidelines are designed to help you join in the activities in a way which makes it a safe and enjoyable experience for all. Please take a moment to read these Guidelines, to ensure you are familiar with the procedures.

As a not-for-profit organisation we are always seeking ways to deliver our program at minimal cost and work for our wonderfully dedicated Leaders. For this reason we are continually trying to improve the process of administering our Activities. Following the guidelines for registration

and making sure you understand the Activity you propose to attend, is one of the ways you can contribute to the smooth and efficient operation of each event. Using our web based system ensures that the Leaders obtain all the information they need to safely and efficiently conduct an activity.

Monitor the website and the information published in "*Protected*" and "*Neck of the Woods*" for details of the program as it develops. Your feedback is always welcome to help us plan a program suited to your preferences.

Most of all, we encourage you to try something new, to venture somewhere you might otherwise not go. Be it a simple stroll at a social event, relaxing by a camp fire, or a challenging mountain climb, we hope you enjoy the company of fellow NPAQ members and find something to entice you into our wonderful National Parks.

## Legend



social



trips



bike



kayak



day walk



bird activity



photo



miscellaneous



weekend



reveg



volunteer



# General Information

## Activities Guidelines format

The format of the Activities Handbook was changed in 2016 in response to the continuing development of the online management of Activities.

The purpose of these Guidelines, is to provide general information to members and supporters about Activities and ways to register and become involved.

The details of upcoming Activities are now published in "Protected", with a brief summary in "Neck of the Woods" and full details on the website.

This has become necessary as the Activities program varies frequently as leaders add new events, and priorities change often at relatively short notice. This also allows much more flexibility to add new Activities to the program.

Please read and retain these Guidelines, as they give instructions for:

- how to register for an activity,
- how to assess your suitability for an Activity by reference to the Grading Guide,
- guidelines for the safe enjoyment of Activities, for all participants.

## NPAQ website

The NPAQ website ([www.npaq.org.au](http://www.npaq.org.au)) allows members and supporters to not only view information regarding activities, but to also nominate online. Members and supporters are encouraged to use this facility. The NPAQ fee for day activities will still be collected by the leader/s on the day.

The website also includes reports and photos from past activities, and provides the opportunity for people to post a comment.

## How to nominate for an activity

**Day Activities:** please nominate via the NPAQ website so that your details and contact methods are available to the leader.

Please contact the leader (by phone or email) if you require additional information.

Leaders' contact details are listed for each activity.

**Weekend or Extended Activities:** please nominate via the NPAQ website or via the hard copy Activity Nomination Form available from the Leader or the NPAQ office.

Participants who are unable to attend the entire activity, but are interested in joining the group for a day activity, are encouraged to contact the leader.

### How to nominate for an activity online:

#### Step 1:

Go to the NPAQ website: [www.npaq.org.au](http://www.npaq.org.au)

**Step 2:** Click on 'Activities & Events' tab.

**Step 3:** Select the activity you wish to attend.

**Step 4:** Enter the relevant details under 'Register for this event'.

**Step 5:** Click on 'Register'.

### Where to find the 'NPAQ Activity Nomination Form':

The NPAQ Activity Nomination Form can be downloaded off the NPAQ website:

#### Step 1:

Go to the NPAQ website: [www.npaq.org.au](http://www.npaq.org.au)

**Step 2:** Click on 'Activities & Events' tab.

**Step 3:** Scroll down to the bottom of the page and you will see a blue box titled:

'Hard-copy Activity Nomination Form'.

**Step 4:** Click on the word 'here' to download the form.

Activity Nomination Forms are also available from the NPAQ office.

Nomination forms should be sent to the NPAQ office by the advertised closing date.

## NPAQ Activity Fees

**Day activities:** \$5 per person for all participants (members and non-members).

**Weekend or extended activities:** \$2 per person per day for members and non-members.

With all activities there is no NPAQ fee for those under 18 years.

These fees are used to recoup leaders costs such as pre-activity expenses (pre-activity trip, phone, postage, etc.), contribute to the Association's insurance premium, and assist with the purchase and maintenance of activity equipment.

These rates are subject to change; the current rates will be advertised on the NPAQ website.

*(Note that for some day walks and most overnight or longer Activities there are usually other direct costs for all participants such as camp ground fees, entry charges and similar in addition to the NPAQ fees)*

## Payments

### For Weekend or Extended Activities:

Payments should be made by direct transfer to the NPAQ Activities bank account:

**BSB: 124-001 Account: 1201 8942**

Please record "your name and the Activity name" as a reference:  
(e.g. "J Smith Easter Camp 2017")

### For Day Activities:

Please pay cash to the leader on the day of the activity.

## Emergency Contact

Please provide an emergency contact number to the leader at the commencement of an activity, in case anything should delay your return from the activity.

The emergency contact is NOT an alternative phone number, but one for a close relative or friend.

## Safety

As a responsible participant, you should wear clothes and footwear suitable for the particular activity, and carry the recommended safety gear (e.g. personal first aid kit, sunscreen, protective clothing for the wet or cold, plenty of water, a small torch on long walks or on short winter days, etc).

**If you suffer from any health condition which may affect you during an activity, it is critical that you inform the leader prior to the activity. This should be done in private communication with the leader even if already provided in the nomination process.**

Information to the leader should include the type of condition, the possible symptoms, and any emergency medication and where carried which may need to be accessed by the first aider in order for you to use.

## Photography

From time to time, NPAQ produces promotional material and runs campaigns to raise our profile. Sometimes, this may involve using photographs or videos taken from our activities which include participants. Because of the nature of our activities, we presume that participants are happy to be in photographs.

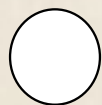
If you would prefer not to have your photograph taken on an activity, please let us know upon nomination.

For further information, or if you have any concerns, please contact our office.



# Activities Grading Guide

The Activities Grading Guide indicates what to expect on a particular activity:



**Very easy** (white/clear circle)

**Description:** Likely to be a path or fire road or wide track with a gentle gradient, smooth surface and free of obstacles. Frequent encounters are likely with other walkers, cyclists, runners or horse riders.

**Suitable for:** Beginners, small children, parents with prams, elderly, novice cyclists.

**Fitness level:** Most people in good health.

**Track type:** At least two people can travel side by side (Australian Walking Track Grade 1).

**Track surface and obstacles:** Hardened, with no challenging features.

**Track gradient:** Shallow climbs or descents.



**Easy** (green/solid circle)

**Description:** Likely to be a combination of fire road or single path or open terrain with gentle gradient, smooth surface and relatively free from unavoidable obstacles. Short sections may exceed these criteria. Frequent encounters are likely with other walkers, cyclists, runners or horse riders.

**Suitable for:** Beginners, young children, slower walkers, cyclists with off-road skills and sturdy bikes.

**Fitness level:** Most people in good health. Ability to walk for up to 2 hours without a long break.

**Track type:** Shoulder width or greater. Any off-track sections will be in keeping with general description (Australian Walking Track Grade 2).

**Track surface and obstacles:** Mostly firm and stable. Track may have obstacles such as logs, roots, and rocks. In general there will be no or minimal scrub.

**Track gradient:** Climbs and descents are mostly shallow, but track may include some moderately steep sections.



# Activities Grading Guide



**Intermediate** (blue/solid square)

**Description:** Likely to be single width track with moderate gradients for extended distances, with variable surface and obstacles.

**Suitable for:** Experienced bushwalkers or mountain bikers with good skills. Not suitable for most beginners.

**Fitness level:** A good standard of fitness. Ability to complete prolonged climbs without rest.

**Track type:** At least shoulder width, possible sections with steep drop off the track. Any off-track sections will be in keeping with general description (Australian Walking Track Grade 3).

**Track surface and obstacles:** Possible sections of rocky or loose tread. Track will have obstacles such as logs, roots, and large rocks may necessitate some scrambling. Track may involve minor scrub, scunge or rainforest.

**Track gradient:** Mostly moderate gradients but some steep sections.



**Difficult** (single black diamond)

**Description:** Likely to be challenging single width track or undefined, with steep gradients, variable surface and many obstacles.

**Suitable for:** Experienced walkers or mountain bikers with very good skills. Walkers need good equipment and cyclists need quality machines. Participants should be known and accepted by the leader.

**Fitness level:** High level of fitness and endurance.

**Track type:** Significant sections narrow, steep or undefined (Australian Walking Track Grade 4).

**Track surface and obstacles:** Variable and challenging. Unavoidable obstacles such as logs, roots, rocks, drop offs, exposure, and expect scrambling.

**Track gradient:** Contains steep to very steep descents and climbs.



# Activities Grading Guide



**Extreme** (double black diamond)

**Description:** Extremely difficult trails will incorporate very steep gradients, highly variable surface and unavoidable severe obstacles. Bushwalking will require some ropes.

**Suitable for:** Highly experienced walkers or mountain bikers with excellent skills and high quality equipment. Team must have walked or ridden with each other previously.

**Fitness level:** Higher level of fitness and excellent stamina.

**Track type:** Large sections narrow, steep or undefined (Australian Walking Track Grade 5).

**Track surface and obstacles:** Widely variable and unpredictable. Expect large, committing and unavoidable obstacles.

**Track gradient:** Expect prolonged steep loose and rocky descents and climbs.

## Australian Walking Track Grading System

The *Australian Walking Track Grading System* is the standard classification scheme applied to most walking tracks in national parks and other catchment areas.

The system consists of 5 track grades, each with its own symbol, which you will often see when approaching a walking track. These symbols include:

Track Grade	Symbol
Australian Walking Track Grade 1	
Australian Walking Track Grade 2	
Australian Walking Track Grade 3	
Australian Walking Track Grade 4	
Australian Walking Track Grade 5	



# Walking & Camping Rules

1. All activities are organised by the Activities Committee, which is approved by the Council of NPAQ for that purpose.
2. It is expected that all persons participating in activities give full co-operation to the activity Leader or deputy.
3. Nominations for all activities should be made direct via the NPAQ website. Otherwise, an Activity Nomination Form can be downloaded off the NPAQ website, and must be completed in full for weekends, extended trips, and most activities where significant amounts of money are involved. The nomination and fee required must be received at the office before any activity.

Nominations for day walks are usually made direct via the NPAQ website, or to the Leader by phone or email. An Activity Nomination Form is usually not required.

4. Participants under 18 years attending activities must be accompanied by a responsible adult.
5. Flora **MUST NOT** be picked whether in a National Park or other area. (This means any plant material, not just flowers!). Native fauna should not be disturbed.
6. Take care not to damage fences. Go through, under or climb only at a strong post. Leave gates as found. First through should see that the last knows how to leave them. (This also applies to vehicles in convoy too.) Give any stock on private property a wide berth, particularly if they are spooked. Frightened cattle may jump fences, doing damage to the fences or themselves, or may end up in paddocks with no water access. Property owners may justifiably refuse further bushwalking access if such things happen.
7. When climbing, take extra care that stones and boulders are not dislodged onto following persons. However, do remove any existing hazards and place in a secure position.
8. When walking in the bush it is the following person's responsibility to keep clear of the one in front and of branches swinging back, etc.
9. Any members who wish to explore apart from organised walks **MUST** advise the activity Leader and should have at least four, preferably five in the group. The Activities Committee is not to be held responsible for any person becoming lost, or be expected to form any search party.
10. It is each person's responsibility to assess his or her capability to take part in and complete any activity. The Leader will give his or her assessment of the walk conditions prior to departure. Should a person be unable to proceed, make sure the Leader knows so a return to camp or other suitable assistance can be arranged.
11. Small First Aid Kits should be carried by each person or group on all activities.



# Walking & Camping Hints

Don't rely on others for medication, band-aids, etc. Similarly, ample food and water, cold and wet weather gear should always be carried. A whistle and a functioning torch are strongly recommended. Special consideration to emergency gear should be given for overnight or through-walks. Gaiters are recommended for off-track walks.

12. Children must be supervised while camping and walking, and parents or accompanying guardians must accept responsibility for compliance with NPAQ rules.
13. To enable the NPAQ to return as welcome guests on private and public property, cleanliness of campsites and hygiene areas is top priority. It will be strictly enforced by activity Leaders. Obvious breaches could mean the participant would be unwelcome on future activities.
14. Personal hygiene is very important. If pit toilets or other facilities are not available, check for the areas allocated to men and women in the campsite. If you need to go bush while on a walk, select an area at least 100 metres away from campsites, water courses and drainage channels. Bury all human waste with soil at least 15 cm deep. Toilet paper should be burnt unless there are fire risks in the area, or carried out in press-seal plastic bags. Take a small trowel or similar instrument, and matches or lighter for the purpose. Tampons, disposable nappies and similar items should be carried out, not left anywhere in the bush. Again, take press-seal plastic bags with you.
15. Soap, shampoo and detergent must not be used in or near streams or streambeds. Wash well away from any stream. Most streams nowadays are, unfortunately, likely to be contaminated so drinking water should be boiled or preferably carried from home.
16. All campsites must be left clean and tidy. No rubbish must be left anywhere, which includes rest spots during walks. Tins, bottles, plastic containers, eggshells, food peelings, ALL rubbish brought to camp or taken on day walks must be taken out again.
17. Respect the privacy of others. Don't camp right beside another person or group without asking. Sometimes space is being kept for later arrivals who are family or friends of campers.
18. As vehicles may be required at times for travel to and from the campsite to a walking area, or in an emergency, make sure all vehicles have access through the campsite.
19. Sound carries in the bush especially at night. NO NOISE in camp area after 10 pm or before 6.30 am. Should you wish to talk or sing, go well away from camp.
20. Campfires should not generally be used, unless there are constructed fireplaces and wood provided. Wood, even deadwood on the ground, should not be gathered for burning. Take gas or other burners. If fireplaces and wood are provided, take special care to ensure your fire is totally extinguished and cold before leaving.

## Know your limits

If you are unsure of your capability for an activity please discuss with the leader prior to the day. The grading gives you a good idea of the terrain, but an "Easy" walk can be quite tiring if it is very long in hot weather. The leader will know the distance if it not published in the information.

If you have not walked with the Leader previously, try to seek advice from someone else who knows your capability and who knows the route.

## Separation

IF YOU DO GET LOST! If you do become separated from the group - **don't panic**.

**Stay put and do not attempt to "rescue yourself"** unless you are absolutely certain of your mistake and how to regain your intended route and re-join the group. The rest of the group will almost certainly be looking for you and **it is easier for them to find a stationary rather than a moving target**.

Find shelter and water in your immediate vicinity and try to attract attention by a series of three blasts on your whistle or a smoky fire if it is safe to light one.

If there are a group separated from the rest of the party, **stay together**.

## Back Pack

Suggested back pack contents should include:

- Water
- Sunscreen
- First Aid Kit
- Food
- Torch
- Whistle
- Hat
- Matches
- Wet weather protection

Packing the right equipment makes the difference between a good experience and a bad one. If your pack is full of unnecessary stuff you'll be carrying a heavy load and you won't enjoy your walk.

## First Aid Kit

Every walker should carry their own small first aid kit, in a clean dry air-tight container. Suggested items include bandaids, crepe bandage and personal medications.

If personal medication is carried for emergencies and it is required to be administered by others, please inform the leader.



## Water

You must carry enough water for the day.

A good guide is **two litres per person per day**, but on a hot day, climbing in open country, you could well need more. Heat stress from inadequate water intake is a common cause of headaches, dizziness and worse, and can be extremely serious.

Water from creeks, even in beautiful rainforest, can no longer be regarded as safe to drink.

Make sure you have good light-weight water bottles with screw-top lids which will not leak.

Do not rely on your partner's or friend's water supply, since if you are separated in the group, you will not be able to drink as often as you need to.

## Footwear

Sturdy shoes or boots are needed for walking in the bush, and must be comfortable (i.e. not brand new and untried), and with non-slip soles. Blisters are not only painful; if they slow you down, they may endanger you and the rest of the party.

## Blisters

Try to prevent blisters by wearing two pairs of socks and making sure your boots are comfortably worn-in. On long walks blisters may be an issue even if footwear is well used and correctly fitting.

At the first sign of a "hot spot" take time out to apply some protection. Fixomull tape or equivalent (available from Pharmacies) is recommended.

A little attention early on will save a lot of pain later!

## Walking Poles

These can be very helpful on long walks and will assist "spread the load" off suspect knee joints. They can be very helpful on creek crossings.

If you are using poles be careful to not hold them out and create a danger to other walkers.

## Plant disease

A plant pathogen known as root rot (*Phytophthora cinnamomi*), can cause widespread destruction of vegetation, particularly in moorland, the wet tropics of Qld, heath and dry eucalypt communities.

The disease is spread into new areas by moving infected soil or plant material into uninfected areas. It is too small to be seen and is easily carried on muddy boots, trowels, tent pegs, camera tripods, trekking poles etc.

Parts of some walking tracks are already infected and the disease can spread quickly.

You can help by always starting your walk with clean gear. It is essential to wash your tent pegs and trowel where you use them (at the campsite before moving on) and, if directed by signs on the track, to scrub the mud from your boots, gaiters and legs.

Some tracks have special wash-down stations – follow the instructions at these places.

Myrtle rust is a serious fungal disease that affects plants in the Myrtaceae family. This family includes many

Australian natives such as eucalypts, lilly pilly, bottlebrush and tea tree.

Myrtle rust cannot be eradicated and will continue to spread in Queensland as it produces large numbers of spores that are easily spread by wind, human activity and animals.

However, to determine how far it has spread and to learn more about the disease Biosecurity Queensland needs to know if you think you have seen myrtle rust. The first signs of rust infection are tiny, raised spots or pustules. After a few days, the pustules turn a distinctive egg yolk yellow colour.

Call 13 25 23 or visit [www.biosecurity.qld.gov.au](http://www.biosecurity.qld.gov.au) to report any suspect sightings.



## Bird Watching Activities

Our members come from a range of different backgrounds. They all like the preservation of the natural environment and that is why they joined the NPAQ. Their main attraction is the wildlife around them mainly our birdlife.

Birds like all animals are losing their environment and this is where our bushlands should be preserved. Some birds can diversify to the urban areas and we can see them in many locations. We choose different regions around Brisbane to view, identify and record our bird sightings.

Our walks are normally classed as "Easy" and most are on walking tracks in many of our parklands and forest reserves. We do not rush as we are constantly looking up into the trees to catch a glimpse of colour.

Each year, the bird group tries to have an extended outing to locations in Queensland or New South Wales.

Why not come along and join with us for a relaxing monthly morning ramble with great company and concluding with morning tea.



# Eligibility for Extended Activities

Preference will always be given to existing members of the Association, if there are limits on numbers of participants. Participants may be required to satisfy the leader of their capability and compatibility for a particular trip.

## Liability

**All participants in activities organised by the National Parks Association of Queensland (NPAQ) Inc. participate at their own risk and are responsible for their own safety. The NPAQ accepts no responsibility for any injury that participants may suffer as a result of their participation in activities organised by NPAQ. NPAQ, its Councillors, Activities Committee organisers and leaders are not liable in respect of any injury to the person, or loss or damage to property, howsoever caused, as a result of participating in the activities organised by NPAQ.**

Before any walk commences, the leader will advise you about risks and conditions to expect including the proposed route, walk grading, fitness requirements and any safety precautions, and of the above disclaimer statement. You will be asked to sign an attendance form which contains this liability statement.

NPAQ values your attendance and participation in trips, which always operate on the basis of "participation as a volunteer at your own risk".

## Refund Policy

Nomination fees are charged for all activities, which aim to cover the costs of pre-activity investigations and other expenses. In addition, there may be fees for private campsites and, especially for extended activities, other activities included in the trip. For all weekend and extended activities, participants must nominate and pay the total amount owing in advance.

If registrants have to cancel after nominating, the policy on refunds is as follows:

### DAY ACTIVITIES

Generally the Activity Fee is paid at the start of the activity, so refunds are not relevant. However for day activities where money is payable in advance, such as boat trips, the policy is the same as for weekends.

### WEEKEND ACTIVITIES

#### 1. Before (and including) the closing of nominations:

A registrant unable to attend an activity may receive a refund of the Activity Fee and other required deposits provided the activity leader is notified by the closing date, either direct or via the NPAQ office.

#### 2. After the closing date but before the activity:

Provided the leader or NPAQ office is notified before the activity, consideration will be given to a refund, but this depends on the financial status of the activity. When money has been paid in advance for campsites, transport, catering or other facilities, this may be non-refundable. The standard Activity Fee is not refunded.

No refund will be made to registrants who just don't turn up.

Any money not claimed three months after an activity is not refundable.

### EXTENDED ACTIVITIES

Policy on refunds for extended activities is defined in the information provided for each particular activity. However, generally it is based on similar considerations to those for weekend activities.

# Mission Statement

The Association will promote the preservation, expansion, good management and presentation of National Parks in Queensland.

The expression "National Parks" shall include other protected areas and related reserves, both terrestrial and marine.

## Objectives

1. To preserve intact in their natural condition, to the greatest possible extent, the existing National Parks of Queensland, and endeavour to ensure the reservation and preservation of other areas thought to be suitable as National Parks.
2. To educate its members and the public to a fuller appreciation of the necessity for and value of National Parks.
3. To promote the development and implementation of appropriate management plans for National Parks, and appropriate management of environmental factors which may affect existing and potential National Parks.
4. To promote effective legislation in respect of National Parks and to ensure the enforcement of provisions for the protection of National Parks.
5. To promote measures to allow visitors to have access for the purpose of experiencing National Parks in appropriate ways.
6. To arrange and conduct activities to allow members and guests to visit National Parks and areas which may be suitable for reservation as such.
7. To keep members and the public informed on matters affecting National Parks.

8. To form a link between the public and Government Agencies responsible for National Parks and other areas being considered for National Park status.
9. To co-operate with persons or bodies having the same or similar objects.
10. To raise and administer funds for furthering the objects of the Association, and to take all other steps necessary thereto.

## Image Credits

Front cover - Elabana Falls, Lamington National Park. Photo: Ryan Pockran

Page 2 - Outback Parks Tour 2016. Photo: Wendy Bell

Page 11 - Hiking up Mt Superbus. Photo: Athol Lester

Page 13 - Bird Watchers at Karawatha Forest. Photo: Brian Beamish

Back cover - Stepping stones, Carnarvon National Park. Photo: Paul Donatui

## NPAQ Contact Details

Unit 10/36 Finchley Street Milton

PO Box 1040 Milton QLD 4064

Phone: (07) 3367 0878

Fax: (07) 3367 0890

Web: [www.npaq.org.au](http://www.npaq.org.au)

Email: [admin@npaq.org.au](mailto:admin@npaq.org.au)





National Parks Association of Queensland Inc.

Unit 10/36 Finchley Street (PO Box 1040)

Milton QLD 4064

07 3367 0878

[www.npaq.org.au](http://www.npaq.org.au)

[admin@npaq.org.au](mailto:admin@npaq.org.au)

ABN 60 206 792 095