



# NORTH SHORE TRAMPING CLUB (INC.)

P O Box 33262, TAKAPUNA, NORTH SHORE CITY 0740

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## GENERAL INFORMATION & SAFETY GUIDELINES

### SAFETY IS PARAMOUNT

The club does its best to ensure the safety of all its members, however, all outdoor activities of this nature attract some risk for which members accept personal responsibility. NSTC is not responsible for your personal safety - your participation in trips acknowledges acceptance of that. Please make sure you choose an appropriate party suitable to your confidence, experience and current fitness. Make sure you have the required gear, including first aid, food and water and that you tell your leader of any medical condition. If you are unsure of anything, talk to the party leader.

**ON THE BUS** No standing on the bus while it's moving  
No sitting or lying in the 'sin bin' while the bus is moving  
Do not open the door or alight from the bus until it is stationary and the engine is turned off

**ON TRAMPS** TRIP ORGANISERS & PARTY LEADERS are in charge and are responsible for the safety of all. Their decisions must be respected by all members of a party.  
No-one should stop or leave a party without notifying the leader  
Each member of the party is required to keep in contact with others in their party  
At track junctions all members of a party should stop until all in the party are accounted for  
Swimming at West Coast beaches is not recommended *unless* in a patrolled areas

Each party should have a minimum of 4 members

### DAY TRIPS

**BUS:** Bus departs from THE STRAND, Takapuna, at 9.00 a.m. unless advertised otherwise  
Please arrive 15 minutes early  
Check the club newsletter or website for departure time and place, as this may vary ([www.nstc.org.nz](http://www.nstc.org.nz))  
Trips are held wet or fine  
For further information contact the trip organiser  
No need to book  
If the bus is full or not used, the trip cost per person is due to the owner of the vehicle used  
If there is room on the bus and private transport is used, the trip cost per person is due to the Club

**FARES** Fares are as stated in the newsletter  
Non members pay \$5 extra  
Junior fares apply to those under 18 years  
Family fares apply to 2 adults plus 1 child. Additional children are free  
Juniors (who are under 14 years) must be accompanied by an adult

**GEAR** Gear requirements as stated in the newsletter are to be carried by all members at all times  
Firearms, radios and pets are not permitted on trips  
Cellphones are to be turned off please

### WEEKEND TRIPS

Bookings are only accepted after publication of the proposed trip in the newsletter  
Weekend trips and trips of longer duration, are to be paid in full at least one week prior to departure, unless payment is required sooner  
Deposits, when required, need to be posted direct to the Booking Officer.  
Refunds are at the discretion of the committee and may not be refundable  
Non-members are only included if the trip is not filled by members and pay an additional cost of 25% or a minimum of \$15 extra  
Juniors under 18 years and over 14 years need parental consent as well as the approval of organiser(s) and the party leader for inclusion on weekend trips away  
Members leaving parties, either through their own choice, or if directed to do so by the Party Leader or Trip Organiser, must bear the cost of their own transport home