



Action Insight

Issue 147 Autumn 2024



Action Outdoors Association Committee Members and Delegates

President

Leanne Bolton president@aoa.asn.au

Vice President

Ann Worrall vicepresident@aoa.asn.au

Secretary

Soozie Ross secretary@aoa.asn.au

Treasurer

Heather Patterson treasurer@aoa.asn.au

Membership Secretary

Richard Jolly membership@aoa.asn.au

Meetings Coordinator

TBA meetings@aoa.asn.au

Training and Safety Officer

Vince Piper training@aoa.asn.au

Website Manager

Hugh Stickley website@aoa.asn.au

Major Future Events Coordinator

Shirley Watson futureevents@aoa.asn.au

Overall Trip Coordinator

John Harley TBA

For more information about AOA:

Email - info@aoa.asn.au

Website - www.aoa.asn.au

Trip Coordinators

Walks;;

Bob Philpott walks@aoa.asn.au

Cycle;

Ken Bishop cycling@aoa.asn.au

Paddling;

Vince Piper paddles@aoa.asn.au

Equipment keeper

Karen Haigh

Bibbulmun Track representative

Des Cook descook@iinet.net.au

Facebook Moderator

Lorri Machen

Meeting Refreshments

Michelle Bryan tea@aoa.asn.au

Meeting Hall Attendant

Kevin Russell

**Use the QR codes to
access more info on
AOA.**

Event Schedule Website Facebook



A Word From The President.



To all the Members & Visitors....
Autumn is a beautiful time of the year.

We have a wonderful club. We provide members with a range of opportunities to enjoy the great outdoors, get some exercise and make new friends amongst like-minded people.

We call on every member to please consider how you can contribute to our club. If you have been pondering some ideas for activities and would like to lead a walk, hike, cycle, kayak or anything active, now is the time to put it on the website. The trip co-ordinators are available to assist you or will provide a list of activities to lead. The more members who step up to run activities, the more activities we have and the greater the variety.

For the club to run successfully, we rely on all members to occasionally contribute to running the club, by serving on the committee and fulfilling various delegate roles. Occasionally committee members need to take time out to travel, so we are looking for someone with bookkeeping experience to assist our very dedicated treasurer, Heather. Training is provided to assist for short periods.

We are continuing our monthly members meetings on the 2nd Tuesday of each month with the assistance of committee members until we find a meeting co-ordinator.

Next, club meeting is on Tuesday 9th April, **SWAP MEET and ARCHIVAL PHOTO show.** Remarkably interesting photos and videos from the past 40 years of AOA will be shown during the evening.

To follow up on my vision of a younger Division of AOA, would members and visitors please pass on the Email I have sent regarding our Inaugural Hike to younger family members and friends. Thank you

Leanne Bolton
President - Action Outdoors Association
Mob. 0419 246 123



Presidents Initiative Sausage Sizzle

Second Saturday of the new year has become a tradition of AOA where we gather for a social experience in the grounds of Kings Park for an evening of talk and merriment whilst enjoying a humble meal courtesy of the club. The new year of 2024 was no exception. Attendance was down from previous years - it was so bl***y hot!! But



those that did manage to brave the elements were rewarded with a wonderful opportunity to catch up with other, like minded, club members that they may not have had the chance to see in the previous months.



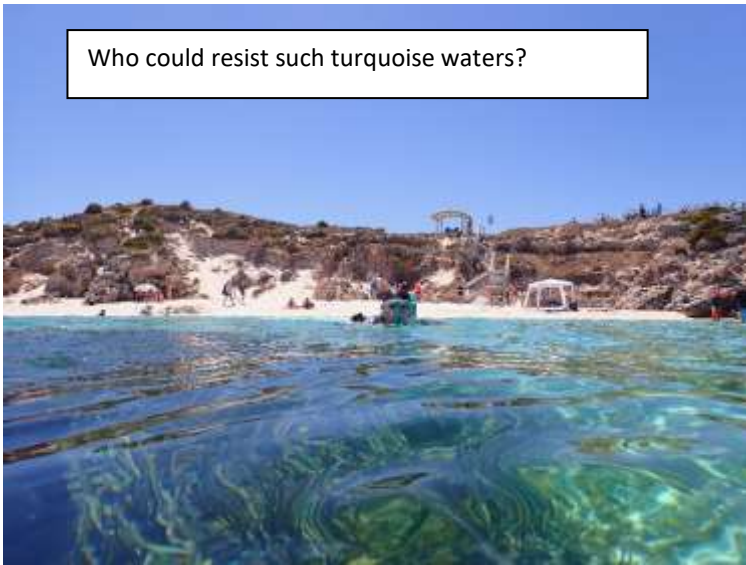
Food and merriment a plenty!

Rottnest mid - week escape

29 January to 1 February 2024

Late in January, twenty one enthusiastic campers set sail for Rottnest for an eagerly anticipated five days of cycling, swimming, snorkelling, socialising and island fun. They were not disappointed! Coincidentally the trip coincided with one of this summer's heat-waves with the maximum soaring to 39 degrees. In the face of such scorching weather even the most hardened cyclists succumbed to the allure of the cool waters (which partially explains the predominance of snorkelling pictures!)

Who could resist such turquoise waters?



The quokkas were friendly



They gave out icy poles on the ferry!



Ready to jump in at Mary Cove



Rottnest mid - week escape

29 January to 1 February 2024



AOA members always help each other out

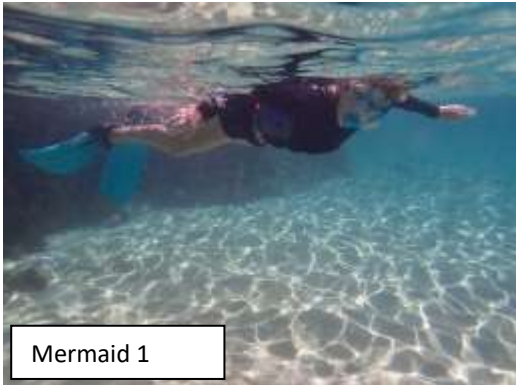
My 'eye' adventure!

So Richard, Suzanne, Celeste and I went for an early morning swim at the beach near our cottages. First morning was rough, lots of seaweed and sandy water. Afterwards my eye was uncomfortable and continued to worsen over the ensuing days. Visited Nursing post but they had no idea what it was. They advised to return to the mainland and see an

Optometrist. Became extremely painful so friends in my cottage helped me down to the first boat to Fremantle one morning with my bike and suitcase. Got an appointment at an Optometrist in Fremantle organised someone to pick me up for the appt get medication and take me home. Optometrist suspected it was a stinger responsible as no one found any obstacle in my eye. All fixed with some ointment.

Rosemary Mero

Editors note - This is a classic example of the benefits of being in a "club" environment. Assistance is always at hand



Mermaid 1



My, what big fins you have!



Mermaid 2



So this is where quokkas sleep

Rottnest mid - week escape

29 January to 1 February 2024

The underwater stars of the seaside (apart from the mermaids)



Western King



Moon Wrasse



Octopus!



Stunning coral



Red Lip Morwong



Wrass

The Recycling page(s)

Knowledge is power!!! Some of you smartians will now all this stuff already and good on ya! ...but some of you may not. Take a few minutes to have a read and maybe there will be some info that you weren't aware of...enjoy

Even though 89% of Aussies know the importance of recycling, we sometimes fall into wish-cycling – where we toss things into the bin and just hope it will find its way to be recycled. Knowing what can (and can't) be put in the recycling bin is confusing and the different symbols and numbers on the packaging don't help.

There are two broad categories of symbols that are commonly found on packaging in Australia, designed to help us with the recycling process: plastic identification codes and the Australasian Recycling Label (ARL). To clear up any confusion and help you recycle better, we'll walk you through the meaning of the shapes and digits commonly found across packaging in Australia, ahead.

ARL Symbols



All Can Go

The coloured recycling symbol indicates that all parts of this product can be recycled in your kerbside bin.



Check Before You Chuck

The transparent recycling triangle means the item can be recycled if treated as indicated on the packaging before doing so. **For example**, this could be a milk carton that should be rinsed and dried before it's folded and put in the bin.



No Recycling Needed

The rubbish bin symbol indicates that this packaging must go straight into the trash bin because the materi-

The Recycling page(s)

Plastic Identification Codes

The second category of recycling labelling in Australia is plastic identification codes, which are the symbols with the triangle arrow symbol and a number from one to seven – usually found on the bottom of the packaging.

The number and sometimes letters you see on packaging refer to the Plastic Identification Code created in 1988 by the Society of the Plastics Industry in the US and was introduced to Australia in 1990. The number is important to the plastic industry as it identifies the manufacturing components of plastic but does not indicate its recycling capabilities.



1 – PET or Polyethylene Terephthalate

Polyethylene Terephthalate (PET) is the most common type of plastic used. It is transparent, long-lasting and able to hold many kinds of liquids without reacting to them. It is often used for bottled water, soft drinks and laundry liquids, and can be recycled into other bottles and polyester fibres.

2 – HDPE or High-Density Polyethylene

High-Density Polyethylene (HDPE) is the other most common type of plastic used to make soft or hard products due to its ability to tolerate high temperatures and strong chemicals. It is usually white or coloured and used for cleaning products, disinfectants, and personal hygiene products like soaps, facial soap and shampoo.

3 – PVC or Polyvinyl Chloride

Polyvinyl Chloride (PVC) is a plastic that's commonly used in plumbing and construction. This plastic is used across electronic and health care industries, as well as in everyday products like cling wrap, bubble wrap, toys and affordable furniture. It's difficult to recycle and is said to contain bisphenol A (BPA), which is a hotly contested chemical.

4 – LDPE or Low-Density Polyethylene

Low-Density Polyethylene (LDPE) is a soft, flexible and easy-to-use plastic for wrapping and covering items. It's found in bread, vegetable and fruit bags, and bin liners. This specific type of plastic can't be put directly into recycling bins

The Recycling page(s)



5 – PP or Polypropylene

Polypropylene (PP) is a hard but flexible plastic commonly used to make moulds in the automotive industry and in common household packaging items like yoghurt tubs. It can be recycled in your kerbside bin.

6 – PS or Polystyrene

Polystyrene (PS), also known as styrofoam, is commonly used for takeaway packagings like cups and food containers. This type of plastic is light but bulky and challenging to recycle.

7 – Other

The number seven indicates that this product has a mix of the plastic types mentioned above and it is not suitable for recycling.

When in doubt, you can also use the [Packaging Recyclability Evaluation Portal](#) (PREP), which is a free online platform that helps you verify whether your packaging is or isn't recyclable in Australia and New Zealand kerbside collections.

Nostalgia time

SNIPPETS FROM PAST ISSUES-Cont from page 13

A POEM

SIX TO A CABIN MADE ALL QUITE COSY
AND PORT OR TWO MADE US ALL FEEL ROSY
BUT THE WALK TO THE SHOWERS
WAS NO BED OF FLOWERS
SO EARLY IN THE MORNING
AS THE DAY WAS DAWNING
AND AS THE CAMERAS CAME OUT
I BEGAN TO SCREAM AND SHOUT
"IT'S NOT A CIVIL THING TO DO
TO ONE WHO'S HEADED FOR THE LOO"

THERE WERE HEAPS OF ACTIVITIES
BUT STILL TIME FOR LIBERTIES
SO QUITE LATE IN THE NIGHT
WHEN SOME WERE TUCKED IN TIGHT
A MASSAGE SESSION STARTED
TAKING CROWBARS TO GET SOME PARTED

A REALLY FINE FELLOW NAMED BELL
HAD A GIFT WE THINK HE COULD SELL
WHAT HE DID WITH HIS HAND
THE LAW SHOULD HAVE BANNED
WHEN HE MASSAGED OUR SHOULDERS
"BEWARE" MUM SHOULD HAVE TOLD US
AND AS FOR THE GROANS THAT WE HEARD
THE RUMOURS WERE REALLY ABSURD

THEN OFF ON A BIKE RALLY
AND SOME GOT QUITE PALLY
WITH A NUMBER OF QUOKKAS
BUT NONE HAD GOOD KNOCKERS
SO GRAHAM WAS BACK ON HIS BIKE
IN SEARCH OF SOMETHING TO LIKE
BUT IT REALLY WAS A BIT OF A SHAYAM
AS ONE QUOKKA QUITE FANCIED GRAHAM

OH WHAT A BARGAIN, OH WHAT A HOOT
SEEING CLEM IN HIS EASTER BUNNY SUIT
HOPPING AROUND ON CUTE HAIRY LEGS
FROM CABIN TO CABIN PASSING OUT EGGS
BUT WHEN HE JUMPED ON MY OCCUPIED BED
I REALLY STARTED TO WISH HIM DEAD
I TRULY WAS HOPING
AND HERE I'M NOT JOKING
THAT MAYBE HE'D CATCH SOME DOSES
OF THE DREADED MYXOMATOSIS

AND SO FOR MOST POOR SLOBS
IT WAS BACK TO REALITY AND JOBS
EXCEPT FOR SOME SHIRKERS
AND A FEW GOVERNMENT WORKERS
AND AS I FINISH MY ODE TO ROTTO
PLEASE DON'T THINK THAT I HAVE FORGOTTO
"A BIG THANKS TO EVERYONE CONCERNED
OUR GRATITUDE WAS VERY WELL EARNED"

ALL PERSONS MENTIONED IN THIS ARTICLE ARE STRICTLY NON-FICTIONAL
ONLY THE NAMES OF THE QUOKKAS HAVE BEEN CHANGED TO PROTECT THE
INNOCENT
ANY RESEMBLANCE TO ANY PERSONS EITHER LIVING OR DEAD IS PURELY
INTENTIONAL



David E

Nostalgia time

UNDERWATER EXPLORERS CLUB

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Carolyn French on
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information.



MAGAZINE #16
SEPT-OCT 88

BALLROOM DANCING by Kay Borman

I don't like dangerous hobbies
I won't jump out of a plane
I'm not the type to ski down slopes
Those people are insane
They risk their bones, their teeth,
their lives

For just a moment's thrill
Abseil down a cliff?
Oh, the idea makes me ill.

So AOA said - dance away!
Around a ballroom floor
I thought, why not,
It sounds quite safe
And elegant, for sure.
So stumble class began as we
Stiff-legged to and fro
And kindly advanced dancers
Knew they had skills to show
They whisked us round the room
With amazing grace and flow.

But after the first night dancing
I dashed home through my door
To bathe my ruined, shattered feet
Stilettoes on the ballroom floor!
They've daggers on their heels
Though they look so light and lithe
They dance across and smile so sweet
Then stamp and watch you writhe!

So now I have ambition
Not to waltz, and cha cha cha
But to buy some shiny shoes
With stilettoes out so far
And I know exactly who you are
Who made my feet so blue
So let me dance alongside
And do the same thing back to you!

The Bicycle Entrepreneur

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Nostalgia time

This magazine can even boast poetry! The following is Peter Owens' account of his walk to Kitty's Gorge and Serpentine Falls on Sunday May 19.

A Sunny Days Walk

A sunny days walk of thirteen troops
One was missing forgot her boots.

Jean Marie and friend were two
The other one we think fell off the ute.

The walk began at ten twenty-one
Raindrops on leaves glistened in the sun.

The trail was green and clearly marked
Down south from Gooralong Picnic Park.

Over the bridge if you'd call it that
Then past the cows you needed a hat.

The sun was bright and cheerie too
But then oh God! where was the loo?

We ate our sammies and boiled the billy
At Serpentine Falls where it was hilly.

Like Sly Stallone we scaled the cliffs
No hanging round here, no buts or ifs.

Singing Maria on the way back
Kept us all on the right track.

Halfway back we enjoyed a snack
Which filled our tums and lightened our packs.

All that went enjoyed it, I think
We finished off with scones and hot drink.

Have you got your ID card & pouch?

If AOA Members have not collected / received their "Plastic Pouch" containing their ID & Medical information, please advise a committee member.

The form below is designed to fit into the plastic pouch. When folded correctly, all of your "personal details" will be hidden from view

Thank you, Leanne - President

The form is titled "action outdoors association" with a logo of a bird in flight. It is divided into two main sections by a vertical line. The left section is titled "Medical, Contact & Identification Information" and includes fields for My Name, Address, Post code, Phone #, Name, Relationship, and another Phone #. Below these is a section for "Emergency Contacts" with fields for Name, Relationship, and Phone #. A warning states: "IN CASE OF EMERGENCY OPEN THIS ENVELOPE TO REVEAL ESSENTIAL MEDICAL INFORMATION". A disclaimer reads: "The information contained on this form is to be used if I am ill or injured whilst participating in an activity. I authorise the event leader or their delegate to access this information and to utilize it for my well being." There is a "Signed" field at the bottom left. The right section contains fields for "Medical Conditions*", "Allergies*", "Blood Type", "Ambulance Cover Y/N", "Current medication*", "Date of Last Tetanus shot", "Date of Birth", "Medicare #", "Private Health Care fund#", "Doctor name", "Doctor address", and "Doctor Phone #". A note at the bottom right says: "* More Information may be on the rear of this form".

action outdoors association

Medical, Contact & Identification Information

My Name
Address..... Post code.....
Phone #.....
Emergency Contacts
Name..... Relationship.....
Phone #..... Relationship.....

IN CASE OF EMERGENCY OPEN THIS ENVELOPE TO REVEAL ESSENTIAL MEDICAL INFORMATION

The information contained on this form is to be used if I am ill or injured whilst participating in an activity. I authorise the event leader or their delegate to access this information and to utilize it for my well being.

Signed.....

Medical Conditions*

Allergies*

Blood Type..... Ambulance Cover Y/N.....
Current medication*.....
Date of Last Tetanus shot.....
Date of Birth.....
Medicare #.....
Private Health Care fund#.....
Doctor name.....
Doctor address.....
Doctor Phone #.....

* More Information may be on the rear of this form

The Importance of carrying Medical, Contact and Identification Information Cards

Last year the AOA membership was issued Medical, Contact and Identification Information cards. These cards are very important so please make sure the cards are correctly completed with up-to-date information and carried with you at all times. While we cannot predict when an emergency will happen, but we can be prepared. The Emergency Medical Information booklets contain everything the paramedic needs to know about you e.g. medical history, medications, allergies and next of kin, so they can confidently treat and get you to hospital without delay. These emergency medical information cards communicate to rescuers what they need to know about you, especially, if they find you unconscious or incoherent which allow you to get appropriate medical care as soon as possible.

Information Required:

Personal Information:

- Your full name, address, phone number and birthdate
- In addition, name and relationship of your first/primary contact and their phone #
- Include the name and phone number of your General Practitioner

Allergies and Medical Conditions:

- List any allergies and possible reactions e.g. peanut or penicillin allergies etc
- List any pre-existing Medical Conditions e.g. Type II Diabetes, asthma, high cholesterol or high blood pressure etc.
- List any major surgeries or medical procedures and the year they occurred e.g. Valve replacement (2009), Coronary angiogram (2008), Appendectomy (2000) etc
Blood type, if known.

Medications:

- Clearly record a list of all medication, including over the counter medication for pain, vitamins, herbal products etc. Not all over the counter medication is harmless and can interact with prescription medication.
- Know the brand name and generic name of the drug
- Know why you are taking the medication e.g. pain from arthritis
- Know the strength of the drug you are taking e.g. 500 milligrams capsule etc
- Know how frequently you take them and what time of day e.g. 2 capsules every 6 hours or once a day at night etc.
- Know exactly how the medication is taken e.g. with water, with food etc.
- Any special instruction e.g. GP recommends taking regularly rather than as needed for pain
- Date started and date stopped (reason for ceasing medication) or reviewed
- Know the dangers of not taking medication as prescribed and what to do if you miss a dose
- Find out about the side effects from the Consumer Medicine Information leaflet
- When a new drug is prescribed make sure your doctor / pharmacist knows all the medication you are currently taking to avoid possible interactions.
- Know how should the medication be stored
- Keep the information up-to-date

It is good self-management to know about your medication and the Medical, contact and Identification cards can be shown to the GP, Specialists and Pharmacists.

MAKE SURE TO KEEP YOUR CARD UP-TO-DATE. It is imperative that emergency responders have current and accurate information, in order to provide you with the best possible care.

Stand up Paddle Boarding Event

On Monday 11th March the Action Outdoors Association (AOA) held its inaugural Stand Up Paddle Boarding event at AP Hinds Reserve in Bayswater.



My plan was to paddle through the beautiful, peaceful Brid Sanctuary to escape any boats travelling up and down the Swan River. However, the easterly wind had other ideas, so we took the sensible course of action and paddled for about one hour against the wind almost reaching the Tonkin Bridge. Needless to say, the return trip was covered in double quick time back to the café

for refreshments. The delight of the morning was the display of a couple of playful dolphins, probably mother and calf, frolicking in the water. .

Thank you, Kevin,
Margot and Bev,
for a lovely
morning in the
sunshine.



**The next Stand-up Paddle Boarding event will be held on ;
Tuesday 26th March in Mindarie.**

Meet at 8.30 am in the carpark next to Rosslare Park, off Rosslare Promenade, Mindarie.

Please register on the website if you have your own board

AOA – FUTURE CAMPS

With so many camps being planned for the year 2024 an initiative has been introduced to put them in a calendar format so you can plan your years movements

Camp	Date From	Date To	No. of Nights	Location	Facilitator	Status
Easter 2024	Thursday 28/03/2024	Tuesday 02/04/24	5	Prevelly Caravan Park	Required	Member's booking and cancellation deadline 08/02/24
Granite Outcrops of the Wheatbelt	Friday 03/05/2024	Monday 06/05/2024	3	Cunderdin Caravan Park	Nikki Sullivan	Independent camp (so need to book accommodation yourself)
Xmas in July 2024	Friday 19/07/2024	Monday 22/7/2024	3	Jarrah Forest Lodge, Dwellingup	Required	Member's booking and cancellation deadline 31/05/24
Sept Long W/end 2024	Friday 20/09/2024	Tuesday 24/09/2024	4	Bridgetown Caravan Park	Required	Member's booking and cancellation deadline 02/08/24
Wongan Hills - Reynoldson Reserve Festival	Friday 01/11/2024 (to be confirmed)	Sunday 03/11/2024 or Monday 04/11/2024 (to be confirmed)	2 or 3	Wongan Hills Caravan Park	Tillie Sanderson	Watch this space
Pemberton / Logue Brook Dam (near Harvey)	Thursday 07/11/2024 (to be confirmed)	Sunday 17/11/2024 (to be confirmed)	10	Pemberton Caravan Park (7th to 12th Nov.) / Lake Brockman Tourist Park (12th to 17th Nov.)	Peter Adams / Deb Gavlak	Independent camp (so need to book accommodation yourself)
Gnarabup	Thursday 05/12/2023	Monday 09/12/2023	4	SurfPoint Resort at Prevelly	Suzanne Fielding / Celeste Saxon	Watch this space
Xmas Camp 2024	Thursday 26/12/2024	Thursday 02/01/2025	7	Dunsborough Lakes Caravan Park	Heather Pattison	Watch this space
Easter 2025	Thursday 17/04/25	Saturday 26/04/2025	9	Kalbarri Tudor Holiday Park	Required	Member's booking and cancellation deadline 27/02/2025 (will be posted soon)

Some of these camps are requiring a leader for them. If you're up for the responsibility please get in touch with Shirley

Below are tables which explain the definition of the trips grading.

This is an essential element to planning which trips are suitable for you. And also is a valuable tool so the trip leader can accurately select the difficulty level of the trip.

As a member who lists the trip you should strictly adhere to the trip difficulty level.

As a club member that wants to participate in the trip you should take consideration of the trip difficulty level and make an assessment of your ability to accommodate the difficulty level.


If your level of fitness is not up to the difficulty level PLEASE do not attend the trip - your lack of ability will spoil the trip for the others

HIKING TRIPS – AOA GRADES


Grading	Distance	Walking Time	Route & Terrain	Other Factors
Easy	7- 12km	2 – 3 hrs	Paths & Tracks Mostly flat to gentle slopes Most Urban Walks	Other factors which may elevate the selected hike grading: Hiking Pace Cumulative Elevation Ascended Ground Conditions Sand/Gravel/Mud/Rock Weather Conditions Heat/Rain/Wind Route Obstacles Water Crossings Rock Hopping Rock Ledges Bush Density Hike Duration (days) Pack Weight
Easy-Medium	10 - 16km	4 – 6 hrs	Paths & Tracks Mild hills	
Medium	12 - 20km	4 – 8 hrs	Tracks & some cross country Undulating & possible steep hills Some uneven ground conditions Basic navigation skills required	
Medium-Hard	12 - 20km/day	6 – 8 hrs/day	Tracks & cross country Undulating & possible steep hills Uneven ground conditions Possible overnight backpack Good navigation skills required	
Hard	Over 20km/day	6 - 10 hrs/day	Tracks & cross country Undulating & possible steep hills Uneven ground conditions Overnight backpack Advanced navigation skills required	



ROAD CYCLING TRIPS – AOA GRADES

Grading	Distance	Pace	Route & Terrain	Other Factors
Easy	18 - 30km	12-15 km/h Frequent Regrouping	Sealed Roads & Pathways Mostly flat to gentle slopes	Other factors which may elevate the selected cycle grading: Severity of Hills Cycling Pace Weather Conditions Wind/Rain/Heat Route Obstacles Pavement Surface Traffic Junctions Pedestrians Pannier Load Night Cycling 
Easy-Medium	25 - 50km	15-20 km/h Occasional Regrouping	Sealed Roads & Pathways Possible hills	
Medium	40 - 70km	20-25 km/h Some Regrouping	Sealed Roads & Pathways Hilly sections	
Medium-Hard	60 - 90km	25-30 km/h Limited Regrouping	Sealed Roads & Pathways Hilly sections	
Hard	Over 90km	25-30 km/h Limited Regrouping	Sealed Roads & Pathways Hilly sections	

MOUNTAIN BIKING TRIPS – AOA GRADES

Grading	Distance	Cycling Time	Route & Terrain	Other Factors
Easy	10 - 20km	1 - 2 hrs	Unsealed Roads & Tracks Mostly flat to shallow slopes Mostly firm surfaces	Other factors which may elevate the selected biking grade: Severity of Hills Technical Skills Required Track Type single/double/roadway Track Conditions Sand/Gravel/Mud/Rock Roots/Rocks/Gullies Corrugations Weather Conditions Wind/Rain/Heat Biking Pace Pannier Load Specific Technical Trail Rides 
Easy-Medium	10 - 30km	1 - 3 hrs	Unsealed Roads & Tracks Possible hills Some soft surfaces	
Medium	10 - 45km	2 - 4 hrs	Unsealed Roads & Tracks Possible steep hills Some technical skills required	
Medium-Hard	10 - 60km	2 - 6 hrs	Unsealed Roads & Tracks Hilly sections Good technical skills required Possible overnight pack camping	
Hard	Over 50km	5 - 10 hrs	Unsealed Roads & Tracks Hilly sections Good technical skills required Possible overnight pack camping	

KAYAKING TRIPS – AOA GRADES

Grading	Distance	Paddling Time	River/Estuary Conditions	Ocean Conditions	Other Factors
Easy	6 - 12km	1 - 2 hrs	Mostly protected inland waters Calm to small wind waves No rocks or snags	Not Applicable	Other factors which may elevate the selected kayaking grading: Severity of Water Obstructions River Conditions Flow Stage Waves/ Currents/ Eddies Wind Rocks/Logs Access points
Easy-Medium	10 - 20km	2 - 4 hrs	Less protected inland waters Flat paddling or running water Possible Grade 1 rapids Basic kayaking experience required	Not Applicable	Ocean Conditions Swell Wind Currents & Surges Rocks Access points
Medium	10 - 25km	2 - 5 hrs	Fast water sections, gradual bends Some tree & blocking rocks Possible Grade 1-2 rapids Good paddling & rescue skills required	Sheltered coastal waters Ocean shoreline < 500m Good paddling & rescue skills required	Kayaking Pace Specific Technical Skills
Medium-Hard	10 - 30km	2 - 6 hrs	Fast broken water, strong eddies Passage difficult to recognise Possible Grade 1-3 rapids Advanced paddling & rescue skills required	Unsheltered coastal water sections Ocean shoreline mostly < 1km Surf < 1m Possible surf entries & exits Advanced paddling & rescue skills required	
Hard	10 - 30km	2 - 8 hrs	Fast running water, dangerous rocks Possible Grade 1-3 rapids Powerful standing waves & chutes <u>Superior paddling & rescue skills required</u>	Unsheltered coastal waters Ocean shoreline < 5km Surf > 1m Likely surf entries & exits Superior paddling & rescue skills required	



EMERGENCY APPS FOR YOUR PHONE

Note : to call 000, all mobile apps need mobile coverage

To assist people in an emergency in WA, there are two, commonly used, free, emergency apps that are recommended to be downloaded to your mobile phone, Namely:

- St Johns WA - “First Responder App” and “Emergency Plus App”

St Johns - First Responder App

offers the following features for WA only ;

- Dial 000 (sends emergency call to operator with your GPS coordinates)
- First Aid Tool Box (provides DRSABCD Action Plan and CPR timer)
- Medical Centres nearby (map shows nearby medical centres and gives directions)
- Defibrillators nearby (shows map and directions)
- First responder (invites registered first aid people to assist at nearby incidents)



The first time you download & run the app you will need an internet connection, then it is recommended that you display all screens of the app, including “First Aid Toolbox”, medical Centres Nearby and Defibrillators Nearby. At this point, the app will fetch the updates for all these features and store that information on your device. Later, if you are in a remote area without internet (mobile) access, you will still be able to use these features. It is recommended that the app is activated prior to going on a remote trip

The features which require mobile coverage and internet access are;

- Dial 000 (needs mobile coverage)
- Dial 000 automatic GPS locator (needs internet)
- First Responder (needs internet)

Emergency Plus App

The Emergency Plus App works Australia wide but only where you have mobile coverage. The App provides the option to call either 000, The SES (natural disasters & emergency) or the police assistance line, so non-emergency calls are made to the most appropriate number. No first aid advice, medical centre or defibrillator location data are provided.

The app uses a mobile phones GPS functionality and “**what3 words**”, so callers can provide emergency call-takers with their location information as determined by their smart phone. This needs to be read from your mobile verbally to the operator



ACTION OUTDOORS ASSOCIATION — APPLICATION FOR MEMBERSHIP



Membership of Action Outdoors Association is available to all persons over the age of 18 years. People under 18 years of age and pets are not permitted on AOA events.

The objects of Action Outdoors Association are to:

- Provide outdoor adventure activities on a non-commercial basis, facilitated by volunteers, for adults who accept responsibility for their own safety and well-being
- Foster friendship amongst those interested in the above
- Encourage interest in the environment, its flora and fauna
- Encourage members to participate safely in outdoor adventure activities
- Promote all acts conducive to the above, e.g. healthy lifestyle, camping trips, social interaction, first aid courses etc

Name of Applicant: First name _____ Last Name _____	
Address: _____ Postcode _____	
Contact Phone number: _____ Email (Private preferred): _____	
Male <input type="checkbox"/> Female <input type="checkbox"/> Other <input type="checkbox"/>	Date of Birth ____/____/____
Do you possess a current First Aid Qualification: No / Yes If so, its expiry date is: _____	
Areas you would be happy to assist: Facilitate activities <input type="checkbox"/> Committee <input type="checkbox"/> WebMaster (IT) <input type="checkbox"/>	
Emergency Contact: Name _____ Relationship _____	
Emergency Contact Phone number _____ Address _____	
Have you been a member of Action Outdoors Association in the last three years? Yes / No	
Applicants who have not been a member in the previous three years must have their application endorsed by two different trip facilitators.	
Description of Activity 1: _____	Date: _____
Trip facilitator endorsement: Name _____ (Office use only: Verified Y/N)	
Description of Activity 2: _____	Date: _____
Trip facilitator endorsement: Name _____ (Office use only: Verified Y/N)	
Where did you hear about AOA? Website <input type="checkbox"/> Magazine <input type="checkbox"/> Newspaper <input type="checkbox"/> Facebook <input type="checkbox"/> Recommendation <input type="checkbox"/>	
Recommended by AOA member _____ Other _____	

Membership and Fees:

Fee — \$30 pa irrespective of joining date; that is, there is no pro-rata fee Period —

Membership valid from 1/7 to 30/6

Preferred method of payment — EFT : BSB 036-009 Acc 163847 — NOTE: please use your name and, as a reference, the membership number you received by email.

Alternatively, payment can be made by providing cash to the Treasurer.

Members undertaking

I support the objectives of Action Outdoors Association. I will abide by its Constitution, rules, and etiquette policies. (To obtain these documents: Log on to AOA's member's site using your temporary log on ID. Click on "Club Information" from the list of options on the left-hand side of the screen. Then choose from the next level menu of options "Club Rules", or "Club Constitution", or "Guidance / Etiquette").

I acknowledge that AOA activities may be dangerous and are coordinated by untrained volunteers. I understand that participating in activities may expose me to hazards and risks that could lead to injury, illness or death; or loss or damage to my property. I will only participate in activities within my medical and physical capabilities and skills. I will carry appropriate food, water and safety equipment applicable for the activity. Before participating in an activity, I will consider the risks and potential hazards, and I will take appropriate precautionary measures.

I accept all responsibility for loss of property or bodily injury to myself while participating in an AOA activity.

I understand and accept the member's responsibilities contained in Schedule 1 of the Constitution. I will:

- Be respectful and cooperative to other members and the trip facilitator
- Occasionally contribute to the Association by volunteering to undertake a task or facilitate a trip
- Take appropriate and reasonable care when on activities and contribute to group safety
- Carry appropriate equipment, clothing, safety gear, and sustenance
- Be responsible for managing my own medical conditions and medication

I understand I participate in activities at the sole discretion of the trip facilitator and that membership does not provide me with a right to participate in an activity.

Applicant's Signature _____ Date: ____ / ____ / ____

Please provide the required information and sign the form, then either email the completed form to membership@aoa.asn.au, or give a paper copy to a committee member. The form can be completed in Adobe Reader DC, using the Fill and Sign option, or you can print, fill and sign the form, then scan and return the scan via email.

If you have any questions or are otherwise unsure how to proceed when completing this form, please email the Membership Secretary at membership@aoa.asn.au

OFFICE USE ONLY Payment received date: ____/____/____ Receipt No: _____

Membership Number Allocated: _____ Date entered: ____/____/____



Regular Club Activities

NOTE - These activities are “informal gatherings “ by AOA members and non-members to undertake physical exercise. They are NOT official AOA trips hence AOA rules do not apply. Participants do so at their own risk.



South Perth Bridges Wednesday Night Walk

Every Wednesday evening - all adults welcome— Non members free and welcome

Meet at 5.20 for a 5.30pm start at the Mends St Jetty South Perth near the Numbat Sculpture for an invigorating 9.5km walk around the bridges. Alternate weeks the walk takes you through Kings Park.

Summer time stay and enjoy the Perth City lights and dine on the foreshore. All other times you have the option of dining at one of the many local cafes/restaurants with your fellow AOA club members. NOTE - Booking may be necessary for restaurants so please contact the coordinator.

Contact Vince Piper on training@aoa.asn.au

EVERY TUESDAY MORNING

at 10.00am Sharp outside the ZOIE Cafe (opposite Coles shopping centre car park, downstairs, outside the Scarborough swimming pool) in Scarborough on the Scarborough cappuccino strip. Start walking at 10.15am Sharp on the footpath north to Trigg's Beach Cafe & return to Peter's By The Sea Kebab Shop in Scarborough for optional Coffee/Brunch.

Please park in the Coles shopping centre carpark, 100 metres south of the Rendezvous Hotel in Scarborough. Distance = 1.5km each way = 3kms total.

Walk will be at an Easy pace. Please wear good walking shoes & bring water

Walk is still on if raining - if so, Please bring rain coat.

Several other walkers from my other walking club will also be joining us.

Cost: **Absolutely FREE to all. All welcome.**

MUMS & BUBS MOST WELCOME! CHILDREN SUPERVISED BY ADULTS AT ALL TIMES ARE MOST WELCOME!!!
FIT & HEALTHY SENIORS MOST WELCOME!

Smokers please walk away when necessary. Please contact me anytime if you have any questions

Contact: Tony Paxton 0407 906 908 or afptony@iinet.net.au

EVERY Monday evening

at 6.15pm SHARP outside the Peters By The Sea Greek Restaurant (50 metres north of Rendezvous Observation city Hotel) in Scarborough, then start walking at 6.30pm Sharp for a beautiful beach FOOTPATH walk to Mettams Pool, then return to Scarborough for optional dinner / wines / coffees. Please wear good walking shoes.

This activity is free to all. Average level of fitness required. Cost: Absolutely Free to everyone.

CHILDREN SUPERVISED BY ADULTS AT ALL TIMES ARE MOST WELCOME!!!

Dining at PETER'S BY THE SEA GREEK RESTAURANT, Scarborough – Individual billing – BYOG – NO CORKAGE CHARGES – ALSO FULLY LICENSED!

Please park north of the *Peter's By The Sea Restaurant* in front of Observation Rise Apartments

Smokers please walk away when necessary. Enjoy the above at your own risk.

Contact: Tony Paxton 0407 906 908 (M) / afptony@iinet.net.au

EVERY Friday evening

at 6.15pm Sharp at the Kebabulous Kebab Shop, near the taxi rank outside the south side main entrance, Hillary's Marina, then start walking at 6.30pm Sharp for a footpath walk south to Watermans Bay & return to Hillarys Marina for optional dinner & drinks/coffees.

Walk is 3km each way = Total = 6kms. Dining at 7.30pm at Grill'd Burgers inside Hillarys Marina - fully licensed!
FREE EVENT –This is a completely FREE activity on every Friday evening! - pay for your own coffees /dinner.

Visitors are most welcome! Children supervised by adults at all times are most welcome!

sorry no pets. Smokers please walk away when necessary. Please call me if you have any questions.

No need to book - Just turn up! Enjoy at your own risk. (walk is still on if raining - if so please bring a rain coat!)

Contact: Tony Paxton 0407 906 908 (M) / afptony@iinet.net.au

Got a story tell? A Photo of interest?

Send your articles to
vicepresident@aoa.asn.au

Want to get involved in helping out on the
Bibbulmun Track?



On the home page of our website, click on
“Activity groups etc available”.

Then select “Bibbulmun Track maintenance”.
The track officer can then email you directly
when the next maintenance day is scheduled

AOA has been caring for the section right at the beginning of the track at the Northern terminus in Kalamunda to Fern Rd - a total length of 7.2klms.

Des Cook has now secured a new 7 klm section that incorporates the scenic Beraking shelter

If you've been on the Bibbulmun Track this is your opportunity to “give back” and help maintain the track for everyone to enjoy a simple, introductory bushwalking experience

