

## QMS Field trip proposal and attendee nominations

<b>Proposed Date:</b>	
<b>Location:</b>	
<b>Focus:</b>	
<b>Leader:</b>	
<b>Contact details:</b>	Ph:                      Mob:                      Email:
<b>Terrain:</b>	
<b>Track:</b>	
<b>Number Limit:</b>	
<b>Access Road:</b>	
<b>Land classification:</b>	
<b>Meeting Place &amp; Time:</b>	
<b>Drive Time from Brisbane CBD:</b>	
<b>Time in Field:</b>	
<b>Bring:</b>	
<b>Other notes:</b>	

**Nominating and attending indicates acknowledgement of safety briefing (see above 'Track standard' & 'Additional Safety Issues' and overleaf 'Safety in Parks and Forests') and agreement to allow QMS to collected data for non-profit purposes..**

No	Name	Phone	email
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

*See above for Leader's number limit. Beyond this number nominate for stand-by. If you nominate then are unable to attend please notify the Field Trip Leader ASAP.*

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Has owner of private property agreed?: Yes/No

QMS Executive comment:

QMS Executive Meeting Approved: Yes/No Date: \_\_\_\_\_

QMS President Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Key to track standards AS 2156.1-2001 Walking Tracks Part 1: Classification and Signage

Class 2 track: Easy level track, suitable for all fitness levels.

Class 3 track: Gently sloping, well-defined track with slight inclines or few steps. Caution needed on loose gravel surfaces and exposed natural lookouts. Reasonable level of fitness and ankle-supporting footwear required.

Class 4 track: Distinct track usually with steep exposed inclines or many steps. Caution needed on loose gravel surfaces and exposed natural lookouts. Moderate level of fitness and ankle-supporting footwear required.

Class 5 track: Steep track with irregular surface and loose stones. Considerable exposure to the elements may be experienced. High level of physical fitness and flexible-soled shoes with good grip required.

### Safety in parks and forests, taken from EPA guidelines

Parks and forests are wild places with hidden dangers for the unwary visitor. It is vital to pay close attention to signs that warn of local dangers. Follow these tips to stay safe and have an enjoyable visit:

- **Be prepared.** Plan your trip carefully. Take a first aid kit and wet weather gear.
- **Drive carefully.** Follow normal road rules wherever you are driving. Watch for oncoming traffic and pedestrians and share the road. Pull off the road before stopping to take photographs. Take special care when [driving on sand](#).
- **Take care near water.** Swim with extreme caution. Creeks have hidden dangers and swift currents. National park beaches are not patrolled. People have been seriously injured or killed diving into pools, lakes, rivers and the sea. Supervise your children around water. Take care to avoid [marine stingers](#) in tropical waters. Do not enter water where [crocodiles](#) may live.
- **Stay on the track.** You may get lost if you leave the road or walking track. Take a map if possible and follow markers and signs carefully. Let someone responsible know your plans in case you get lost.
- **Watch your step.** Stay well back from cliff edges and waterfalls. Cliff edges may crumble and rocks near waterfalls may be slippery. Always stay behind safety fences to avoid tragedy.
- **Be wary of wild animals.** Stay well back from goannas, [crocodiles](#), [snakes](#), [dingoes](#), [cassowaries](#), [feral pigs](#), [cattle](#), [horses and buffaloes](#). People have been seriously injured or killed by wild animals. Be very careful about approaching any injured animal, such as kangaroos or possums. They are likely to bite and scratch if you attempt to touch or move them.
- **Never feed or play with wildlife.** You may get bitten or scratched. Human foods may be harmful to wild animals. Animals can become aggressive towards people when fed.
- **Avoid bites, stings and scratches.** Wear protective clothing and insect repellent to protect yourself from stings, scratches and insect bites, especially bites from [ticks](#). Detour around snakes; never provoke them.
- **Take care near fire.** Supervise children near open fires. Always put the fire out with water, not sand. Sand retains heat and children have been severely burnt when fires have been covered with sand.
- **Beware of bushfires.** If there is a bushfire, follow the track to the nearest road, beach, lake or creek for refuge. Large logs, a ditch or burnt ground can also provide protection in some situations. Avoid areas of heavy fuel, such as deep leaf litter or thick vegetation, and stay low to the ground where the air is coolest and contains the least smoke. In high fire danger conditions, walking tracks and other areas may be closed. It is essential for your safety to follow the instructions on signs in these conditions. If you see a bushfire, please alert a ranger or the police as soon as possible. [Fire — Seasonal Information Brochure](#)
- **Be sun-smart.** Wear a hat, shirt and sunscreen, even on overcast days, to avoid sunburn. Drink frequently to avoid dehydration.
- **Think before you drink.** Even mountain streams can be contaminated by Giardia and other organisms that cause diarrhoea. Take your own supply of water if possible. If you must use water from creeks or lakes, boil it for at least five minutes, filter it or treat it chemically before you drink it.
- **Take care of your property and personal safety.** Thefts and assaults can occur in parks and forests as well as in cities. Limit the valuables you take with you, do not leave valuables in parked cars, and lock your car when you leave it. It is advisable to walk in a group or within sight of a group rather than alone.
- **Poisonous plants and fungi.** Treat all unknown species as potentially poisonous. With poisonous and unknown species avoid contact with mouth and eyes, and avoid contamination with food and water.

### Emergency contacts

Emergency: 000

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- If you have difficulty connecting to 000 from your GSM mobile phone try: 112

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- Consider taking a satellite phone to areas that do not have mobile phone coverage.