



## **Trail Head Information (Guidelines)**

### **going out beyond the boundary of the official ski field**

#### **Aim and assessment**

The Club's aim and that of its members is to engage and enjoy recreational activities such as Alpine/Nordic Skiing, hiking and mountain biking in the splendour of the Australian Alpine region, in good company and with safety. Each person engaging in these activities must be prepared and have an understanding of what activity and location they are about to embark on, have adequate fitness to match the type and level of activity they are doing, be aware of the environment and its changeability, the weather on the day, potential hazards and have an action plan in place should a problem arise.

#### **Environment and awareness**

In the mountains you will encounter a beautiful and at times harsh and variable environment. There is capacity for cold and blizzard conditions any time during the year. In summer it can be hot, sunny with high UV levels. If you're hiking or biking on inbound trails, downhill skiing or boarding on Thredbo's in bound designated runs there are likely to be people around you to assist you. If you go out on the main range or out of bounds hiking tracks there may be minimal to **no** people around you.

#### **Venturing out**

Before heading out you should assess if the activity you are intending to participate in is within your ability, this includes assessing any others that will be joining you. If you have doubts about your ability to undertake an activity you should select easy terrain within sight of Thredbo unless you are or with a very experienced person or group. Those with lower fitness level or those new to an activity should stay within terrain graded as 'Easy' to 'Moderate', until confident to progress to a harder level on more difficult terrain.

If skiing or walking with children, make sure to choose a ski area or walk which they can manage comfortably. For example most walks under 10 km over easy terrain are suitable for children 7 years and older. More casual family walks of usually 2-3 hours are recommended. Hikes and ski tours over 10 km require a higher level of fitness and experience.

Be sure to know what the weather forecast will be on the day/days intended to go out beyond the boundary lines. Critically check the weather and snow report in winter months or seasonal reports during periods of instability.

#### **First Aid**

Those participating in activities outside the ski field boundary should be self-sufficient, take a first aid kit and preferably have some first aid training. First aid needs arise more often due to common occurrences such as sunburn, thorn pricks, insect and snake bites, abrasions and bruising from falls, blisters, heat exhaustion and dehydration from not carrying and drinking enough water, hypothermia due to cold and snap weather changes and sprains and



strains from slipping on rock or wet wood. Should injuries occur administer treatment and if causing problems head back and seek medical attention. Note for snake bites seek assistance immediately, apply a pressure immobilization bandage over the bite site and up rest of limb and rest until help arrives.

### **What to take:**

Most day ski tours/walks can take you several hours away from the village and may be out of phone access. Intended longer pack walks will often be much further away and possibly involve overnight camp outs. Dressing appropriately and always being prepared for unexpected weather changes is essential.

Make sure you have the right equipment for the activity you are engaging in. If ski touring you should have the right skis, bindings, boots, and poles. For hiking wear strong footwear with thick treaded soles. Ankle

high walking boots with thick socks are best, joggers or sport shoes are suitable for easy and medium terrains. If hiking on snow use snowshoes and poles.

Bring your lunch and plenty to drink - about 1 litre per adult and 1.50 per child in normal weather, and more for hot weather. Take extra food to cover for the unexpected.

Always carry protective eye wear (sunglasses, goggles), a hat/warm head gear, waterproof jacket or coat, light weight extra clothing layers and gloves. You may encounter very cold winds and unexpected blizzards on the main range or be caught out in rain and snow storms. At times, the weather can close in and make visibility and route guidance difficult. Ideally carrying one or all of a compass, location or topographic maps, GPS, and emergency warning devices such as e-purbs. Have a mobile phone with you or transmitter radio.

You can avoid distress by wearing the right clothes and combinations. Use the three layer principle, 1<sup>st</sup> skin layer, 2<sup>nd</sup> mid layer and 3<sup>rd</sup> outer weatherproof layer. Having a combination of clothes with you will enable you to adjust your layers based on comfort and weather needs. Wear clothes made from materials that will dry easy and wick away moisture from your body, stay away from cottons and denim. Outer layers should have effective water and wind proof qualities.

For day ski tours/walks carry everything in a light day pack so that both hands are free. Hand held bags are neither comfortable nor suitable. A pair of hiking or ski poles will greatly assist with stability and load bearing for all types of activity.

### **Before you go:**

Please document your intended route on the white board in the ski room. Notify someone who you can contact on your return.



Program the contact numbers below into your mobile.

**In order of priority:**

Thredbo Ski Patrol: **(02) 6459 4147**

Police and Emergency Rescue: **000**

Thredbo Medical Centre (winter only): 02 6457 6254

Lodge Caretaker or Leader: seek the occupant's number before going

Hi Noon Ski Club lodge: **(02) 6457 6253**

**If overdue from your activity or return plans have changed:**

Phone/SMS the lodge Caretaker or Leader to notify any change of plans..

**In case of Emergency outside the ski field boundary:**

**Stay Calm** and as necessary administer any required first aid. Immediately make contact with the above authorities to advise your situation, location and adhere to advice given.

**When you return:**

Remove the trail route information from the white board in Ski Room.

Version 2: June 2021