

# ADVENTURE

Experience the wonders of the bush and improve your fitness!

## SWIM SPORT & LEISURE

### WATERWORLD

CNR MELB & COX RD  
NORLANE  
TEL 03 5275 1909

### LEISURELINK

REYNOLDS RD  
BELMONT  
TEL 03 5243 9595

### SPLASHDOWN

COPPARDS RD  
WHITTINGTON  
TEL 03 5248 4555

### BELLARINE AQUATIC & SPORTS CENTRE

SHELL ROAD  
OCEAN GROVE  
TEL 03 5256 2111

WWW.SSL.GEELONGAUSTRALIA.COM.AU  
ADVENTURE@GEELONGCITY.VIC.GOV.AU



## ADVENTURE SWIM SPORT & LEISURE



**Saturday 5-6 September, 2009**  
**Grampians - Intermediate + levels only**

Invited regular hikers – enrolments close Wednesday 19 August  
New hikers – must apply for approval + waiting list

**ADD SOME ADVENTURE INTO YOUR LIFE!**

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## ABOUT ADVENTURE

**ADVENTURE** is a bushwalking program where you can experience the wonders of the bush while improving your fitness. Hiking leaders will guide and look after you while you set out on your journey.

### WHAT DOES ADVENTURE INCLUDE?

- Get back to nature and exercise through picturesque scenery
- Experience the mind, body, health and fitness benefits that comes from exercise
- Low intensity and high fat burning
- Increased cardio-vascular and muscular endurance
- Learn new skills - navigation, bush craft, plus much more
- Improved self esteem and confidence
- Meet people with similar interests
- Lots of fun!

### FAQ

**Is lunch included?** No. Please bring your own nibbles and / or lunch.

**Is there a bus for this hike?** No. Normally, transport is provided, but for this hike you must provide your own transport. However car pooling is possible. Contact Joe Ma, the hiking leader for more info.

**Will I be too old or too young?** Our group currently ranges in ages from 17 to 65. The majority are ladies. The group is very friendly and is very welcoming to new hikers.

**I heard everybody goes for a coffee / cake etc afterwards?** Yes, it appears this has become an important tradition, and the group really likes to share a few stories. We will probably have drink / cake etc for 30 minutes or so afterwards.

### WHAT GEAR/EQUIPMENT DO I NEED?

Footwear is the most important item. If you have hiking shoes that would be ideal. If not, gym shoes with good grip and support/trail shoes would suffice. A small day pack, that can carry water (at least 2 litres) and nibbles is required. Windproof/water proof jacket and or pants are recommended but not essential. Hiking poles/trekking poles are also highly recommended but not essential. Gaters and/or long pants are also highly recommended. Equipment can be purchased from Anaconda / Snowgum / Mountain design / Rays or any sport / outdoor retailer.

## NEXT SESSION DETAILS

### IS THIS WALK FOR ME?

The intermediate + level program now has a **waiting list** due to its recent popularity. Please contact Joe Ma, the hiking leader by emailing [adventure@geelongcity.vic.gov.au](mailto:adventure@geelongcity.vic.gov.au) to discuss the possibility of being added to the waiting list and / or if you would like more information. Those that have been pre-approved have been sent an invitation to enrol. Additionally, the approved names will be on the list at SSL reception.

### WHEN

Saturday 5-6 September, 2009. ( **enrolment closes 8pm Wednesday, 19 August, 2009** )  
Meeting at the YHA Eco Lodge at 9:30 am, Saturday 5 September, 2009.

### WHERE

Grampians

### TRANSPORT IS NOT PROVIDED

However, contact Joe Ma, the hiking leader as he may be able to help with car pooling.

### ACCOMODATION

Individuals will need to book their own accommodation, and this needs to be done ASAP. However most people will stay at the YHA Eco Lodge. It is also very important to book early to secure a bed / room. Contact Joe Ma, the hiking leader for more information, and ideally before you enroll.

### WALK DESCRIPTION & DISTANCE / TIME

Total distance: 25-28 km over 2 days. Approx 6 hours each day  
The walks will be over hard volcanic rock and will involve hills. It is graded as moderate to advanced. Note: The shorter distance for this hike does not imply an easier hike!

### COST

**\$45 - SSL members / past participants / COGG employees. \$55 for non SSL members.**  
Bookings need to be finalised by ( **enrolment closes 8pm Wednesday, 19 August, 2009.**  
Contact Joe Ma, the hiking leader directly on [adventure@geelongcity.vic.gov.au](mailto:adventure@geelongcity.vic.gov.au) if wanting to enrol after this time.

This walk is designed for **intermediate +** levels and above and is not suitable for beginners. Walking will be strenuous at times with a moderate pace. Expect loose rocks, and some steep hills.

Anyone that suffers from a fear of heights, has below average balance, is not a regular walker, unfit, or is unsure would need to contact the hiking leader, Joe Ma by emailing [adventure@geelongcity.vic.gov.au](mailto:adventure@geelongcity.vic.gov.au) to discuss the possibility of being added to the waiting list.

**An enrolment form which includes the medical questionnaire must be completed.**

# MEDICAL INFORMATION

Name \_\_\_\_\_

## Please answer Yes or No to the following questions

1. Have you previously provided a medical questionnaire to SSL in the last year with no further changes to the original? (if you answered **yes**, there is no need to complete the following questionnaire or provide a new medical certificate) Yes / No

(if answered **no above**, please complete the following)

2.1 Are you 45+ years of age? Yes / No

2.2 Are you over 35 years of age & not accustomed to regular vigorous exercise? Yes / No

2.3 Do you have a heart condition or ever had heart trouble? (Stroke, Heart Attack, Bypass Surgery, pains in the heart or chest) Yes / No

2.4 Has your doctor ever said your blood pressure is too high? Yes / No

2.5 Do you often feel faint or have spells of dizziness? Yes / No

2.6 Has your doctor ever said that you have a bone, joint or muscular problem, such as arthritis that has been aggravated by exercise or might be made worse by exercise? Yes / No

2.7 Do you have any back problems? Yes / No

2.8 Are you asthmatic? Yes / No

2.9 Are you epileptic? Yes / No

2.10 Are you diabetic? Yes / No

2.11 Do you use any medication? Yes / No

2.12 Are you pregnant / trying to get pregnant? Yes / No

2.13 Are there any other physical reasons not mentioned above which may cause serious harm by exercising? Yes / No

Comments/Notes \_\_\_\_\_

**If you answered YES to one or more of the section 2 questions, please obtain a medical certificate from your doctor prior to attending an Adventure Program. If you already have a medical certificate on file at a SSL center that will suffice.**

### MEDICAL INFORMATION

Is your Medical Questionnaire completed? (if applicable) Y / N  
Is your Medical Certificate attached? (if applicable) Y / N

# ENROLMENT FORM - GRAMPIANS : 5-6.09.09

( INTERMEDIATE + LEVEL, MUST BE ON APPROVED LIST)

## HOW DID YOU HEAR ABOUT THE PROGRAM?

Previous Participant  Website  Centre Signage  Leisure News  Other \_\_\_\_\_

## PERSONAL DETAILS

SURNAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

SUBURB \_\_\_\_\_ POST CODE \_\_\_\_\_

PHONE (H) \_\_\_\_\_ (W) \_\_\_\_\_ (M) \_\_\_\_\_

EMAIL \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

## EMERGENCY CONTACT DETAILS

(1) Name \_\_\_\_\_ Phone \_\_\_\_\_

(2) Name \_\_\_\_\_ Phone \_\_\_\_\_

## INDEMNITY AND RELEASE

I understand that there are many risks associated with this hike. The City of Greater Geelong takes no responsibility for any injuries that may be sustained during the hike. In the event of an injury or accident, I give permission for the hiking leaders and first aiders to seek medical attention if required.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

## PAYMENT DETAILS

Bookings need to be finalised by 8pm, Wednesday 19 August, 2009. or contact the hiking leader after this date - on [adventure@geelongcity.vic.gov.au](mailto:adventure@geelongcity.vic.gov.au)

## Please select which applies below:

<input type="checkbox"/> <b>SSL Member</b>	Member No:	Which Centre:	\$45
<input type="checkbox"/> <b>CoGG Employee</b>	Employee No:	Which Department:	\$45
<input type="checkbox"/> <b>Past Participant</b>			\$45
<input type="checkbox"/> <b>Non-member</b>			\$55

### Official use

**Reception** : Please make sure that the applicant is either 1. On the approved **list** or 2. Has been authorised by Joe Ma to enroll on this intermediate + level hike. Otherwise : enrolment is to be declined and / or referred to Joe Ma for follow up : [adventure@geelongcity.vic.gov.au](mailto:adventure@geelongcity.vic.gov.au)  
\*Please make sure form is signed and dated.

\*\* please **email** form to Joseph Ma, & also **send** processed form to: Joseph Ma, Waterworld.

Taken payment by (Staff Name) \_\_\_\_\_ Date \_\_\_\_\_