



General Information

Members

Over 90 men, spanning a wide age group, are involved in the activities of The Nomads Outdoors Group Inc.. Members come from Melbourne, country Victoria and the other states of Australia. All members identify as being gay or gay friendly. The Nomads is based in Melbourne Australia and is incorporated under the Associations Incorporation Act 1981 with registration number A0044907T.

Activities

The activities of The Nomads cover a broad spectrum, with a strong outdoor influence. Examples include:

- Day walks through locations in Melbourne and country Victoria;
- Bushwalking ranging from overnight to one or more weeks;
- Base camping;
- Bike rides over a single day and weekend;
- Cross country skiing and snow camping;
- Canoeing, kayaking and white water rafting;
- Cultural activities including movie nights, theatre and musicals;
- Social activities such as restaurant nights, Christmas parties and beach-side barbecues.

Activity Grades

As often as possible, activities are graded to indicate the level of difficulty and/or effort involved in them. For some activities, the grade may also be an indication of the type of equipment which is required. The grades are not comprehensive, however, and anyone who is unsure about their ability to complete an activity should speak to the leader. The general grades used are:

- **Social**
These activities require very little physical effort, and are designed primarily for people to enjoy mixing with each other. Usually no special equipment is required;
- **Easy**
These activities are suitable for beginners, and require only a street walking level of fitness. Standard equipment is usually adequate;
- **Medium**
These activities require some level of experience in the activity or an activity of a similar nature. An active level of fitness is required, and there may be some special equipment;
- **Hard**
These activities require a good level of experience in the activity and a high level of fitness. There may be some special equipment required.



Risk Control

All outdoor activities have some degree of risk attached to them, but The Nomads are committed to controlling and minimising those risks by:

- Producing an Activity Leaders' Guide of best current practice for the running of activities;
- Training Leaders to analyse potential risks and to plan and conduct activities to minimise those risks;
- Informing members intending to participate in an activity of the potential risks, allowing them to make an informed choice to participate or not.

Activity Leaders

The key to the success of the Nomads is the range and quality of activities which are organised by its members. All activities are organised by members on a voluntary basis, and this provides the rewarding experience of involving others in their favourite activities.

It is very important for the evolutionary success of The Nomads that members realise the opportunity and need for them to organise activities as well as participate. A wide range of support is available for people wishing to organise their first activity, including personal experience and reference guides.

The process for organising the calendar of activities varies through the year. Members can usually find out how to contribute to a future newsletter by referring to the current newsletter.

Membership

Membership for The Nomads is paid on an annual basis and is renewable on January 1st. Membership covers the cost of producing and distributing newsletters, insurance and administration.

Reminder notices for membership are distributed with the summer newsletter. Members who do not renew their membership after this notice do not receive the autumn newsletter.

Four types of membership exist:

- Single Standard - This membership is available for a single member who wishes to receive the newsletter in electronic form via e-mail;
- Joint Standard - This membership is available for joint members who live at the same address and who wish to receive their newsletter in electronic form via e-mail. These members may each receive a copy to an e-mail address if they desire;
- Single Postal - This membership is available for a single member who wishes to receive the newsletter in printed form via Australia Post;
- Joint Postal - This membership is available for joint members who live at the same address and wish to receive just one copy jointly of the newsletter in printed form via Australia Post.

In order to contain the cost and keep effort involved in production of the Newsletter to a reasonable level, the preferred form of distribution is by email.



Transport

Many of The Nomads' activities require the use of private cars for transport. Wherever possible, the leader of an activity will facilitate car pooling. The ultimate responsibility for transport, however, lies with each participant.

To be fair to everyone, it is expected that each passenger in a car pool will offer to pay for his share of the transport costs, as follows:

Small Car, 2.0 Litres and under, Diesel, Hybrid and LPG vehicles	16 cents/Km
Medium Car, (2.4 Litres) and large cars, Compact SUVs	20 cents/Km
Medium and Large SUVs	30 cents/Km

These figures are based on the RACV suggested cost and exclude depreciation, interest and other standing costs..

Equipment

The equipment required for each activity will, of course, vary. The responsibility for supplying equipment rests with the participants, but a leader may be able to help if some needs to be borrowed.

Some general points for participants to consider when equipping themselves for an activity:

- **Clothing**
It is very important that people choose their clothing correctly for the activity. This makes the activity much more comfortable, and significantly reduces the chances of hypothermia (getting too cold) or heat stress and sun burn.
Clothing should be as flexible as possible. For example, two light tops are better than one heavy top. If there is a possibility of cold or wet weather, it is preferable to avoid cotton clothing. Cotton becomes very cold when it is wet. Better materials are wool or synthetics (such as thermal underwear and polar fleeces).
- **Footwear**
For walking, strong and comfortable shoes are very important. They should have good tread and provide reasonable ankle support. People who are prone to blisters should carry a blister kit or plenty of tape to patch up their feet.
- **Weather protection**
Particularly when an activity is to be in a remote area, protection for expected and unexpected weather is required. This may include a water proof jacket, a sun hat and sun screen, gloves and a warm jumper.
- **Food and water**
These items are again important in avoiding dehydration and hypothermia. Enough food should be carried to allow for some delay in case of an accident, and to provide quick energy boosts.
Usually at least one litre of water should be carried, with more in hot weather. This should be drunk on a regular basis, long before the body feels thirsty. Even in cool weather, the body will lose considerable fluids when engaged in vigorous exercise.
- **Safety equipment**
It is advisable for each participant to be prepared to look after themselves if they become separated from the rest of their group. This may include carrying a whistle, water proof matches, compass, torch and some basic first aid items. While leaders



will carry a first aid kit, members should be prepared with basic items, including personal medication.

Newsletters

The Nomads produces four newsletters a year, with each newsletter covering a four month period. The four months allow for forward planning, and approximately correspond with the seasons:

- Summer covering December to March inclusive;
- Autumn covering March to June inclusive;
- Winter covering June to September inclusive;
- Spring covering September to December inclusive.

Newsletters contain a calendar of activities for the season, as well news relevant to the whole group and stories about previous activities.

Newsletters are distributed in printed format via Australia Post and in electronic format via e-mail. Newsletters distributed by email are sent in Adobe Acrobat .pdf format.

Privacy

The Act under which The Nomads is incorporated requires that all members names and addresses be kept on a Membership Register, to which any member must have reasonable access. Individual privacy is maintained by:

- Allowing a member to nominate either of their residential, postal or email address as their registered address;
- Requiring the Secretary to keep the Membership Register secure at all times.

In addition, Association Bylaws prohibit members from attempting to obtain personal details of other members from Association records, and from taking personal photos of members, without permission.

Member Responsibilities

As a communal group, it is expected that members will display a general courtesy to all other members. Some particular examples are:

- When intending to attend an event or an activity, a Member will indicate the intention to do so by notifying the Event Leader no later than the nominated RSVP date;
- If a Member needs to withdraw from an activity already notified, the Member will let the Event Leader know as soon as possible;
- Before an activity, a Participant will inform The Leader of anything which may affect the ability to complete the activity;
- When on an activity, Participants will follow the instructions of the Event Leader and behave responsibly.
- Each Participant will pay any additional costs, penalties or fines that might be incurred by the Participant. The Participant understands that in the unfortunate event of an accident, the Participant is and will be responsible for the Participant's own medical costs;
- If leaving an activity early, a Participant will inform the Event Leader.