

## Preparation!

Since we are not a professional organization all members are expected to be fully prepared for the events in which they participate. Generally this involves common sense knowledge of appropriate footwear, clothing, food, water, etc. which varies with each type of activity. For instance most day hikes demand good footwear, weather appropriate clothing, food and at least one litre of water. Cycling events demand an operational bicycle and a helmet. The degree of preparation is usually related to the degree of difficulty listed for each activity.

More details on this subject can be found in the Rules and Responsibilities section on the website.

**Please be aware that outdoor activities involve risks and hazards and that you must assume all responsibility for risk, property loss, personal injury, or death when you participate in any Out and About events. At each event you will be asked to sign a personal liability waiver to this effect.**

**If the coordinator feels that you are unprepared or if you refuse to sign the waiver form you may be turned away. Come prepared!**

## Membership

Membership is valid for two calendar years. Your membership fee covers the cost of maintaining our website, renting meeting space and otherwise operating the club. Most of our events are free but you are expected to share transportation costs when carpooling. Other costs, if any, will be listed in the activity description.

## Questions

If you have any questions regarding the club or want some help organizing an activity, use "Contact Us" on our website.

[oavancouver.org](http://oavancouver.org)

Out & About  
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Welcome to

# OUT & ABOUT

Vancouver's Gay Outdoors Club

**get OUT and  
enjoy yourself!**



# get OUT and enjoy yourself!

Out & About was started as a cross country ski club in 1985 but has since expanded to include a wide variety of activities, limited only by the imaginations of the members. Past events have included the outdoors mainstays like hiking, cycling, downhill skiing, cross-country and backcountry skiing, snowshoeing, skating, canoeing, kayaking and rock climbing. Add to that events like cooking nights, walk rallies, cycle trips to Victoria opera, barbeque, pot lucks, billiard nights, video opera nights, and exchanges with similar clubs in Washington and Oregon and you have a diverse club where you can meet new friends and have fun!

## about OUT and About

Out & About is a member driven registered society that acts as a networking organization. Its purpose is to allow members who enjoy an outdoor activity to find other members who want to participate in that activity. Consequently, we have no planning committees and we are not professionals in the activities we pursue. The onus is on individual members to take the initiative to organize and attend events. If no one takes the initiative, no events are organized and nothing happens. To facilitate event planning we have set up a "Create an Event" function on our website that makes it easy for a member to post activities directly to the website.

## Get Maximum Benefits for Your Membership!

Join a listed activity by contacting the co-coordinator for that activity. He can help you with any questions you might have regarding that activity. He can also help with carpooling and will notify you of any last minute changes, cancellations, etc. If after registering with the coordinator you find that you cannot attend, please be sure to contact the coordinator to inform him of this so that the group will not be waiting for you to show.

**Organize an event** It's easy and may be the only way your favourite activity will get on the schedule.

### Just follow these easy steps:

1. Go to the website ([www.oavancouver.org](http://www.oavancouver.org)), log in, and click on "Create an Event"
2. Fill in all the information required on the form which appears.
3. Review & edit
4. Click on "Create this Event".

Now you are all set to have friends join you in your activity.

