



Cork Mountaineering Club

Cumann Sléibhteoireachta Chorcaí

INFORMATION and RULES

Club Profile:

Cork Mountaineering Club (CMC) was founded in 1975. It is Cork's longest-established mountaineering club, and has a current membership of over 120. CMC is affiliated to Mountaineering Ireland (MI), the national governing body for the sport of mountaineering.

CMC Activities:

CMC's main mountaineering activity is hillwalking, but we also go scrambling, backpacking and mountain camping. We walk all of Munster's mountains regularly - West Cork and Kerry, the Comeraghs, Galtees and Knockmealdowns – and weekend/ week-long trips to other parts of Ireland are also organised, as well as trips abroad.

CMC provides training to members in map-reading, use of the compass and mountain navigation techniques. First Aid training and safety training are also organised as required. Members' slide shows and guest lectures are organised during the winter, and we have a busy social calendar.

CMC Walks:

CMC provides a variety of mountain walks and it is very important that each member choose walks carefully to match their own level of fitness and experience, for the comfort and safety of themselves and of other walkers. Bear in mind that weather conditions will raise the difficulty of the walk.

Sunday and mid-week mountain day walks offer a range of choices: fast, medium or easy paced, with a typical duration of from five to seven hours, depending on the time of year, type of terrain and weather conditions.

In summer, as well as mid-week evening mountain walks, we also offer mid-week evening coastal or track/ road walks – typically three/ three-and-a-half hours in duration. (NB: since these coastal, track and road walks are, by definition, below 600m, they do not count as "mountain walks" for the purpose of applying for membership of CMC).

CMC Safety Statement:

Participants in club walks take part at their own risk and the club accepts no responsibility for any injury arising during or because of club activities. Cork Mountaineering Club along with Mountaineering Ireland recognises that climbing and mountaineering (including Way-walking, Hill Walking, Rambling, Scrambling etc) are activities with a risk of personal injury or death. Participants should be aware of and accept these dangers and be responsible for their own actions and involvement. If you invite a friend, please remember that you are responsible for them.

Personal Equipment: On the day of the walk, all members are required to have the following personal equipment:

- Mountaineering boots (with ankle support cuff and good-quality cleated sole)
- Waterproof jacket
- Waterproof over trousers
- Hat, neck-band or scarf, gloves
- Rucksack
- Food and hot drink (recommended)
- Water
- Map and compass
- Torch (i.e. head-torch, to allow hands free. Remember spare batteries/ bulb)
- Whistle
- Survival (bivvy) bag
- Personal First Aid kit
- Spare clothing (jumper/ fleece, hat, gloves)

Members should wear appropriate clothing, in layers to adapt to the weather conditions. Denim jeans are **NOT SUITABLE** because once they get wet they retain the moisture, which can put you at risk of hypothermia in a mountain environment.

Remember to leave a full change of dry clothes and a towel in the car. **Remove valuables as cars have been burgled.**

Other useful equipment may include a sit-mat, gaiters, sunglasses, sun-hat, sunscreen, insect repellent, walking poles, GPS (remember spare batteries) . . .

Maps used are the O.S. Discovery series 1:50,000. Map sheet numbers and grid references are given on our programmes. The recommended compass is Silva Type 4.

Walk organisers have discretion in accepting people on their walks and the club advises that strict rules regarding the suitability of clothing and footwear will be imposed on participants in the interest of safety. **Please obey the instructions of the walk organisers.** Minimum age for membership of our club is 18 years of age.

Signing-on:

At the beginning of each walk all members and guests must sign the walk log book for the organiser and enter a contact phone number (Please do not write your own number if there is no one to receive the call in the case of an emergency). When you sign the **log book** you will be signing the following statement: "I consider myself fit for this grade of walk and the weather conditions of the day. I understand that I am responsible for myself on the walk and I am taking part at my own risk."

Fees, Insurance & Conditions:

- Full Membership fee is **€50.00** per annum

The full membership fee for Cork Mountaineering Club (CMC) includes Mountaineering Ireland (MI) membership and insurance as well as four copies per year of MI's membership magazine, the Irish Mountain Log.

- Reduced Membership fee is **€20.00** per annum

For insurance purposes, members availing of the reduced fee must provide proof of their full membership of another club by means of either a copy of their receipt from that club, or a photocopy of their MI membership card, for the year of application.

Insurance – Cork Mountaineering Club (CMC) is affiliated to Mountaineering Ireland (MI) and participates in its insurance scheme which includes personal accident and civil liability insurance while participating in mountaineering activities. Further information on Insurance Cover on Issue 83 of Mountain Log (pg. 21) or the MI website

www.mountaineering.ie

- Fees are payable from the date of the CMC Annual General Meeting, held in September or October each year. Membership unpaid by **31st October** shall be deemed to have lapsed. New members may join at any time, but the membership year ends for everybody on 31st October.
- MI Membership cards are issued in December, and are posted to CMC members by the CMC Membership Secretary.
- Members are bound by the Constitution of the CMC and membership is subject to Section 4 of that Constitution.
- Members will receive the CMC Programme by e-mail or post, four times per year. The Membership List (names, address area, phone numbers, e-mail addresses) is e-mailed/ posted annually to members.
- New members are requested to read the notes which accompany the programme, particularly the items CMC Safety Statement, Personal Equipment and Insurance. The notes include practical information on car sharing and signing on for walks.
- Members receive a 10% discount in many outdoor shops on production of their MI card, for mountaineering purchases.

Remember: dogs are banned from all club walks. Please respect the Country Code and Landowners' property.

Mobile Phones – For safety reasons we ask that you keep your mobile phone **switched on** for the duration of the walk. Please keep on silent.