**Old Timers Hiking Club**

**Guidelines for Hike Leaders**

1. Know your trail and how to get to it. Try to visit the trail before leading others over it.

2. Be present at the point of departure, regardless of the weather or if a hike must be cancelled. If

dangerous conditions exist, check with Activity Coordinator to see if a notice can be sent to the General

Membership. Any cancellation or hike change should be determined and sent preferably by 9:00 the

evening before or, at the latest, by 7:00 a.m. the day of the hike.

3. Have participants sign the Sign-in Sheet and get information such as address, email, and

Phone of new members. Explain that club cannot ensure the safety of any participant during a club activity and that by signing they hold the club and its representatives harmless and free of liability for individual safety.

4. As leader, your primary task is to make every effort to help all participants enjoy the activity and return home safely and on time.

5. Before carpooling to the trailhead, ensure drivers know how to get there or who they can follow. If traveling in a convoy, do so in a safe manner. Do not leave anyone behind!

6. At the trailhead, review the proposed hiking route and any other pertinent information with the participants. Hikers need to PAY ATTENTION so there is no confusion on the trail. Take and keep a head count. Appoint a sweep, wait at trail crossings or where the route may be unclear and make certain that no one gets lost. Do not rely on arrows drawn on the ground. These can be easily missed. If the hiking group gets spread out, stop let everyone catch back up (regroup).

7. Ask participants to let someone know if they are stopping or need to take a break.

8. DOGS: Hikers should call the trip leader beforehand to see if they may bring a dog. Some trails may

be unsafe for dogs. Dog owners should be aware that in car pools, some people are allergic and others

may not want a dog in their car.

9. Remind all participants that they are individually responsible for their safety and the safety of minors

whom they may bring with them.

10. Remind participants that when walking on established trails, they must remain on the trail and refrain from taking short cuts at switchbacks which may cause erosion.

11. Remind participants of the rules: “pack it in—pack it out”; “take out only what you take in.” (This includes banana/orange peels, apple cores, peanut shells, etc.)

12. Wear blaze orange during hunting season.

13. Carry a loud whistle (2 short blow signal an emergency) and a cell phone; try to get the cell numbers of some of the rest of the group.

14. Carry some basic First Aid items: Ibuprofin, Benadryl, bandaids, plastic disposable gloves, sunblock,

emergency blanket, insect repellent, antibiotic ointment, moleskin, alcohol or antibiotic pads, small

scissors and tweezers.

15. IN ALL HIKE DECISIONS, THE HIKE LEADER HAS FINAL SAY.