



## **ADVENTURERS CLUB Hiking Protocols**

Members are reminded that the club is primarily a group hiking club and does not foster competitive hiking (fastest, longest, highest, etc.) Members who wish to challenge themselves in this way should do so outside the club.

### **Leader Protocols**

- recce your hike shortly before the scheduled date
- safety is first and foremost on all hikes
- describe hike and give DoD
- be cognizant of member's situations
- keep a cohesive group

### **Hiker Protocols**

- know your limitations
- be prepared for all weather conditions
- carry a first aid kit\*
- respect/obey the leader
- be aware of your surroundings and do not endanger fellow hikers
- let someone know if you are taking a personal moment (so you don't get left behind)

### **Emergency Protocols**

Hikers should be self-sufficient regarding food, water, clothing and first aid.

Each emergency will be accessed on its own merits however the following protocols should be considered:

- the hike leader should be in charge of delegating responsibilities pertaining to the emergency or delegate someone willing to take over.
- if a member cannot continue the hike and is injured or must return to the cars no less than 3 other members will accompany him/her.
- it is advisable to carry a cell phone if you have one.