

OCV GUIDELINES FOR HIKE LEADERS

Before your hike:

1. Be sure you are comfortable with your knowledge of the hike you're leading. If not, phone the Outings Chair or other experienced hikers to recce with you. Make note of short-cut options in case of an emergency.
2. Guests must contact the hike leader prior to the hike. The leader should try to establish their hiking ability/level. If you are unsure of their ability to complete your hike, perhaps suggest they first hike up Mt Doug to test their ability. Ask them to print-off, sign and bring a copy of the OCV Waiver with them to the hike. Remind them to bring water, food, rain gear and wear hiking boots. Advise new hikers that if they will be carpooling with other hikers, they should not wear their hiking boots in someone else's vehicle ie bring them in a bag and also should be prepared to contribute \$1 per 10 km to help cover gas costs.
3. If you are unable to lead your hike, please try to find a replacement. Let the Outings Chair know so the calendar can be updated. If carpooling, send someone to the meeting place in case hikers are waiting there.

Your Hike Day, at the trailhead:

1. Ensure all hikers' first and last names are included on the OCV Hike Report, as well as the name of an emergency contact person and their phone number. Collect signed waivers from guests. Do not lead a difficult remote hike with fewer than 4 people.
2. Gather the group together at the trailhead. Review the hike route, degree of difficulty, length, and estimated completion time. Have hikers number off and give their names.
3. Ask for a volunteer to act as end-person (sweep). Hikers should ask the group ahead to wait if they see a large gap behind them. Leaders should wait at turning points, intersections, and forks on the trail until all hikers have caught up. When a hiker needs a pit stop, they should notify the sweep and leave their backpack on the trail.
4. Leaders should carry a basic First Aid Kit (Tylenol, antihistamine, band-aids, antiseptic and tick removal tweezers and check expiry dates for meds). In case of an accident, and an injured hiker cannot walk out, call 911 for Emergency Rescue. Use an app like Avenza to provide GPS co-ordinates. The hike leader should organize some hikers to walk to get help, and others to stay with the injured person. Note: If the injured person is having any difficulty, err on the side of caution and call for help as soon as you have cellphone service.
5. Leaders should have at least 2 fully-charged cellphones per group in case of emergency; one to stay with the injured hiker and one to go with the hiker(s) walking out for help.

After your hike:

1. Check for ticks. Check that all cars have started.
2. Send the Hike Report, listing participating hikers and including comments and a report of any incidents, to the Membership Chair by regular mail or e-mail. It is easy to take a picture of the report and e-mail it to the Membership Chair. The signed waivers for guests must be kept. The hike leader should mail them to the membership chair.

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