

EVERGREEN SENIORS OUTDOOR CLUB

Trail and safety guidelines

General

Please wear your club name tag in a visible place to facilitate meeting and knowing others.
Please complete the medical & emergency contact information slip that is with the name tag.
Arrive early for the bus in order to have time to load and to depart on time.

Equipment

Dress in suitable clothing and come prepared for unexpected weather conditions or mishaps.
Pack a lunch and plenty of liquids, especially in hot weather. Suggestions for your backpack:
bus fee, medications, water bottle(s) &/or thermos, hat, gloves, sun screen, sunglasses, insect repellent, map, first aid kit, whistle, emergency blanket, hand &/or foot warmers, sweater, rain jacket & pants, warmer jacket or layers as needed, extra socks, extra boot laces, compass, etc.

Bear spray and hiking or ski poles must be placed in the compartments underneath the bus.

Organization

Except for city hikes, the members and guests will divide into four or more groups at the departure point so that each leader has a smaller number of people to keep track of and to ensure that no one undertakes an activity that they may not be able to complete or enjoy in the allotted time.

Groups are typically divided into 4 levels in which people can easily complete the following in **4-5 hours**:

A: Most active	10-20 km distance	400-900 meter elevation gain
B1: Moderate speed	8-16 km distance	400-700 meter elevation gain
B2: Moderate speed, shorter distance	5-12 km distance	300-650 meter elevation gain
C: Shorter distance at a slower pace	3-6 km distance	100-300 meter elevation gain

For safety, everyone must stay in a group of 4 or more with a designated leader and sweep, so that in the event of an emergency, two can go for help without leaving anyone unattended.

Each group will have an experienced leader appointed who will give direction on the trail and keep the group together. The leader will appoint a sweep to ensure there are no stragglers. Both the group leader and the sweep should have a radio. Groups should not leave until everyone is off the bus.

A guest must participate in the C level activity on the first outing unless a Member can verify the guest's ability. A member who brings a guest will participate with the guest unless arrangements are made with a group leader who will take responsibility for the guest.

If in difficulty, use your group radio or your whistle. Whistles can be heard further than the human voice. One blast from each party to signify where they are. Three blasts to signify danger or call for help. If a larger animal is encountered, stay calm and try to slowly retreat.

When all is said and done, let's take care of each other.

Jan. 2020