

LEADER TIPS/PROCEDURES

1. Before the hike

- a) Leave details of your trip with someone responsible
- b) Have with you the phone number of the country sheriff or park ranger (check the back of the Green Trails maps) or call 911.
- c) Carry change for phones.
- d) Wait at least 15 minutes for late arrivals. Identify no-shows.

2. At the Trailhead

- a) Introduce yourself and have all hikers introduce themselves to the group. Also identify any guests and new members.
- b) Check the Trip List to see if everyone has signed The Waiver. Those that haven't are NOT allowed on the hike.

Signing waivers at the trailhead is not acceptable.

c) Do a quick equipment check. It is the leader's responsibility to make sure that all hikers are prepared. If a person has forgotten important gear or looks unprepared, turn them away now, before it becomes a safety issue for the entire group.

This may require a 10 essentials, lunch and /or water check of a hiker before beginning the hike (in private, if possible).

d) Describe the hike and trail conditions, potential problems, pace, side trails, special scenery, etc.

e) Establish the trip rules – be explicit about how you intend to keep the group together. Remind everyone to wait at trail intersections or water crossings.

f) Designate a First Aid person. Ask to be informed of any special health concerns in private.

g) Appoint a rear guard.

3. Have Fun!

4. **After the hike:** Nobody leaves until everybody is off the trail. Make sure all cars start before any cars leave. If a stop is being planned, identify the restaurant before leaving the trailhead.

EMERGENCY PROCEDURES

GENERIC STEPS

1. Take charge of the situation: organize and assign specific individuals to do certain tasks.
2. Elicit individual expertise (medical, climbing, scrambling, search & rescue)
3. Utilize the entire group. Don't let anyone leave, they may be needed later to go for help, search, etc.

INJURY OR ACCIDENT

1. Approach the victim safely if the terrain is difficult, steep or hazardous. Take precautions to avoid further injury to the victim or to others in the group.

2. Perform any urgently needed rescue and/or first aid. Breathing, pulse, and severe bleeding must be stabilized quickly.

3. Treat for shock if the injury is serious. Keep the victim lying down and insulated from the ground. Keep him or her warm, using their own belongings first.

4. Check for other injuries.

5. Plan what to do. The victim's condition, size and the strength of the party, terrain, time of day, and the group's location with respect to outside assistance must all be evaluated.

6. Carry out the plan. If possible, make sure everyone has something to do and no one is alone.

7. Once help has been summoned, contact the Mountaineers via the Emergency cell number – (206) 521-6030.

LOST HIKER

1. Determine when and where the hiker was last seen.

2. Plan a search party. Determine the areas to be scouted and call loudly, or use whistles. You can choose to divide the group, but designate a leader in all new groups. Never send anyone out alone, nor should anyone be waiting alone while the group searches. Don't allow anyone to go home. You may need them later.

3. Designate a time and place to reassemble all search groups whether the lost hiker has been found or not.

4. If, after this initial search, the hiker is still lost, contact the local sheriff or park ranger. Remember that you have the best chance of finding a lost hiker, as many agencies will not begin a search until a person has been gone for 24 hours.

5. After the rescue has been initiated, contact the club via the Mountaineers Emergency cell number – (206) 521-6030 immediately.

STRANDED OUT OVERNIGHT

1. Collect firewood.

2. Identify who has what equipment.

3. Stay put once dusk arrives.

4. Try fording rivers as soon after dawn as possible when the snow melt is at its lowest.

5. KEEP CALM.

REPORTING

1. Minor injuries and accidents can be reported to the Hiking Committee via the website activity report or in writing. Accident Report Forms are available.

2. Major accidents/injuries must to be reported to the club. After rescue has been initiated, contact the club via the Mountaineers Emergency cell number – (206) 521-6030. After leaving your