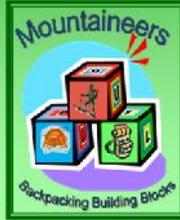


BACKPACKING BUILDING BLOCKS "B3" LEADERS' ORIENTATION

February 24, 2016
Newport Way Library



Backpacking Building Blocks Leaders' Orientation

Objectives for Tonight

- ☐ Renew everyone's understanding of the rationale, philosophy, and approach of the B3 program
 - Experiences and feedback from last year's course launch
- ☐ Remind everyone of the expectations and procedures for B3 leaders and trips
- ☐ Share experience, increase confidence with how to handle common trip leadership challenges
- ☐ Identify mentors & mentor-trip plans for new leaders
- ☐ Initiate scheduling for 2014 B3 backpacks

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B3 Leaders' Orientation Program Rationale - Philosophy

- ☐ Build enthusiasm and an ongoing leadership and participant community for multi-day backpacking
- ☐ Develop a structured full-season course that integrates classroom instruction with field experience on-trail and in-camp. Encourage learning by doing and by exchange with other participants.
- ☐ Organize trip offerings to build up in length and strenuousness, while continuing to offer shorter easy-moderate backpacks throughout the season
- ☐ Engage the community with high-quality backpacks that are open to anyone in the club who is capable and interested
- ☐ Increase the club-wide backpacking skills set and knowledge base
- ☐ Find and cultivate excellent new backpacking leaders!

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B3 Leaders' Orientation Program Schedule - Content

Course Events Schedule

- ☐ February 24: B3 Leaders Orientation, to share concepts and expectations, initiate trip scheduling & mentoring for new leaders
- ☐ March 23 & 30 and April 2: Building Blocks Basics lectures and hands-on "demo day" (Required for participants)
- ☐ April 7 & 13: 'Lightweight Hiking and Backpacking' class sessions
- ☐ April 27 & May 11: 'Lightweight Backpack Food Planning & Prep' class sessions
- ☐ April 9, May 14, June 11: "Staying Found" on-trail navigation field sessions
- ☐ April 18 & May 4: Trail Emergency Preparedness class sessions
- ☐ April 20 & May 25: Conditioning for Hiking & Backpacking Level I and II class sessions
- ☐ April 8: Put out preliminary schedule of backpacks to participants
- ☐ April 23-October 16: Backpack season (weather-dependent)

B3 Leaders' Orientation Program Content

B3 Core Principles & Concepts:

- Skills and knowledge for safe, successful, fun backpack trips
- Experiential learning: hands-on and practice time, trying out gear variations, leaders-as-mentors
- Packing light, and the inherent tradeoffs and options
- On the Trail and In Camp – comfort on the trail vs. comfort at camp, skills for each part of the trip
- What's special about multi-night trips; pacing and the journey; how to prepare as a participant and as a leader
- Building a strong backpacking community

Profile of our B3 Class Participants (from 2014 post-season survey – out of 52 students)

- ☐ 62% had less than 1 year of backpacking experience, 38% had 2 years or more
- ☐ 64% female, 36% male
- ☐ 7% under age 35, 27% 36-45, 33% 46-55, 34% over 55
- ☐ **Favorite types of trips:** moderate overnight or 3-day; easy trips; four days or less; none "very strenuous"
- ☐ **Personal B3 goals:** enjoy backcountry, 72%; meet new backpackers, 50%; *upgrade* gear and skills, 45%; *obtain* gear & skills, 40%; get exercise, 33%

Recent History of Backpacking in the Mountaineers

All Backpack Trip Offerings (B3 and other):

- ❑ 2012: 32 trips total, 7 offered by Foothills, 23 by Seattle, 1 each by Everett and Kitsap, none by Olympia
- ❑ 2013: 63 TRIPS TOTAL, 48 of them offered by Foothills, 14 by Seattle, 1 by Everett, none by Tacoma, Olympia or Kitsap
- ❑ 2014: 64 trips total, 35 offered by Foothills, 16 by Seattle, 10 by Tacoma, 3 by Everett, none by Olympia or Kitsap
- ❑ 2015: 69 trips total, 39 offered by Foothills, 10 by Seattle, 18 by Tacoma, 3 by Everett, 1 by Olympia, none by Kitsap

Foothills BP Leaders:

- ❑ 2012: 5; 2013: 18 (13 new); 2014: 20 (3 new); 2015: 24 (8 new)

Backpack Trip Characteristics – 2014, 2015

LENGTH	DIFFICULTY				ALL	2014
	EASY	MODERATE	STRENUOUS	VERY STRENUOUS		
2 DAYS	17	11	9	4	41	28
3 DAYS	9	9	2	2	22	26
4 DAYS	0	1	1	1	3	
>4 DAYS	0	0	0	3	3	10
ALL	26	21	12	10	69	64
2014	22	26	15	6	64	

YEAR	MONTH							
	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV
2015	4	12	13	15	11	9	3	0
2014	4	8	8	18	16	12	2	2

* Trips cancelled: 11; 9 due to insufficient enrollment

B3 Leaders' Orientation 2015 Graduation Statistics

- ★ 23 of 52 students graduated, plus 4 from previous classes
 - ❑ 6 others did two qualifying B3 trips
 - ❑ 8 students did 4 trips, 3 students did 5 or more
 - ❑ In 2015 several students took private trips
- ★ Students who did not meet requirements the year they enrolled will be able to finish and graduate in future years without paying again

Backpacking Building Blocks

What does it mean to lead a "B3 backpack"?

- ☐ Goal is a deliberate progression of length and intensity through the season
 - Committee may ask you if you would lead a particular type of trip over a particular weekend.
 - You will still have broad latitude to choose the timing, destinations, pace you like
- ☐ Many new backpackers are signed up. Leader's role is crucial to ensure a safe and positive experience that 'hooks' them on backpacking for life!
- ☐ Paid participants will get advance notice of backpacks but trips are open to any Mountaineers member. These are NOT exclusive trips.
- ☐ Other expectations of a Mountaineers backpack leader are the same – careful participant screening, good planning, prep and communication, focus on safety. (more on these expectations later!)
- ☐ We also want YOU to have fun, enjoy a range of interesting trips, and gain some new trusted backpacking companions!

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Backpacking Building Blocks

Structure of the B3 program

- ☐ Goal is a progression of length and intensity through the season.
 - Committee may approach you to lead a particular type of trip over a particular weekend.
 - Leaders retain broad latitude to choose the timing, destinations, pace
- ☐ Current B3 students will get advance notice of backpacks and the dates they will open for registration.
- ☐ To make this happen, we ask leaders who want this advance marketing to give us their trip description and Monty or Cheryl list them on the promised date.
- ☐ B3 backpacks are open to any qualified Mountaineers member.
- ☐ We ask that leaders with B3 students on their roster offer coaching and demonstration on 'core skills' based on student need and interest.

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Backpacking Building Blocks

Structure of the B3 program (continued)

- ☐ To graduate, students must complete 3 backpack trips through the season, of which at least one must be 3 days or more. One can be a private trip.
- ☐ In 2016 we are adding a requirement for one trail maintenance or stewardship activity to graduate.
 - *We encourage leaders to list trail cleanup trips!*

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B3 Leaders' Orientation

Scheduling B3 backpacks for the 2016 season

- Goal is a progression of increasing trip lengths and intensities over the summer as participants' skills and conditioning increase
 - While retaining easy-moderate to moderate-slow trips through the season – common request from first year's feedback
- We hope to get leaders committed for most weekends up front so that we can communicate to participants what will be available by early April.
- 23 weekends between May 17 and Oct 12. All are available for one or more B3 backpack trips.
 - The first four weekends will be focused on 2-3 day, easy or moderate trips with more intensive coaching and demonstration

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B3 Leaders' Orientation

Scheduling B3 backpacks for the 2014 season

Leaders will be asked to tentatively commit up front to particular weekends

- "Weekend" can encompass the days before, during, after
- Multiple trips can run over a given weekend (and should during the 'high season')
- Co-leading is encouraged!
- You can propose a destination, but don't HAVE to until the trip posts (4-6 weeks in advance – more on that later!)
- Leaders asked to indicate the range of trip lengths and intensities that they're willing to lead for each weekend they commit to

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B3 Leaders' Orientation

Scheduling B3 backpacks for the 2016 season

Backpacking Building Blocks (B3) Program – Leaders Signup Sheet

Please put your name next to the weekend(s) that you would commit to lead a backpack for the B3 program, and check the boxes to the right for the intensity levels and lengths that you would be willing to lead.

WEEKEND	LEADER NAME(S)	PREFERRED DESTINATION (if known)	EASY?	MODERATE?	STRENUOUS?	CHECK ANY BOXES THAT APPLY!				
						VERY STRENUOUS?	2-DAYS	3-DAYS	4-DAYS	> 4-DAYS
May 7-8*	1.				X	X			X	X
	2.									
	3.									
May 14-15*	1.				X	X			X	X
	2.									
	3.									
May 21-22*	1.				X	X			X	X
	2.									
	3.									
May 28-29*	1.				X	X			X	X
	2.									
	3.									

- * The first 6 weekends are designated for more intensive coaching and demonstration.
- Check the boxes for the full range of trips you'd be willing to lead in a weekend, even if you've specified a preference for a particular destination.

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B3 Leaders' Orientation

Scheduling B3 backpacks for the 2016 season

Intensity Levels *for Initial Trip Planning Only**

- EASY (E): < 1000' average daily elevation gain, or max day 1500' gain; and up to 5-8 miles per day
- MODERATE (M): 1000-1500' average daily elevation gain, or max 2000' gain; and up to approx. 8-10 miles per day
- STRENUOUS (S): 1500-2000' average daily elevation gain, or max 3000' gain; and 10-12 miles per day or less
- VERY STRENUOUS (VS): >2000 average daily elevation gain or over 15 miles per day.

* *When your specific trips are actually posted with final routing and length, we'll describe them for difficulty (daily elevation gain) and pace (miles per day).*

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B3 Leaders' Orientation

Scheduling B3 backpacks for the 2015 season

☐ Joe Rodriguez is our point person to review the calendar and follow up as needed

- Request additional volunteers for trip lengths and intensities by weekend to create the desired progression through the season
 - *We have plenty of Easy backpacks now. People are looking for Easy-Moderate trips mid-season to satisfy their 3-day trip requirement*
- We will not "assign" you a weekend or a length-intensity outside your desired range without your approval
- "First come first served" for leaders on popular weekends
- You will be able to add trips later

☐ Our intention is to have a preliminary schedule ready to communicate to B3 participants by early April.

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Backpacking Building Blocks

Describing and Posting Trips

- ☐ Twice a month beginning in April, leaders will be asked to submit their trips for 6-8 weeks out to a designated person on the committee. (Monty Pratt and Cheryl Talbert in 2016)
- ☐ Leaders are asked to use a template to fill in the critical info to set up the activity for registration on the Mountaineers website.
 - See handout for template and instructions – same info as website needs
- ☐ Every other week the point person will post all the B3 trips for the period 5-6 weeks from the posting date.
 - Or earlier if desired for longer trips or those requiring advance permits
- ☐ Of course you are free to post a non-B3 backpack yourself whenever you wish (but please help us avoid redundancy!)

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B3 Leaders' Orientation

Why Lead for B3?

- ☐ Help new backpackers experience the joy of backpacking
- ☐ Help experienced backpackers upgrade their gear and skills to reduce their pack weight and increase their enjoyment
- ☐ Share your skills and knowledge – teach and coach
- ☐ Develop your personal leadership and trip planning skills
- ☐ Expand the community of people you like and trust to backpack with
- ☐ Explore new and amazing backcountry with friends

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What is a Mountaineers "backpack"?

- ☐ Club-sponsored walking trips > 2 miles
- ☐ Restricted to trails/roads (maintained or unmaintained) with some exceptions:
 - Snow OK unless potential for uncontrolled slide
 - Off-trail OK unless unreasonably hazardous terrain
 - Depends on the skills of each particular group
- ☐ Party size:
 - Minimum party size is 3 (safety);
 - Maximum party size is 12 (agency rules), unless lower limits apply.
- ☐ If posted on the website and led within these rules, the Mountaineers provides you and your participants with liability protection (given that you are not negligent)

Backpacking Building Blocks

Roles of the Leader

- ☐ Plan and deliver fun and safe trips.
- ☐ Authority and accountability for the enjoyment and SAFE RETURN of your groups. ***Getting your group back safely is your top priority!***
- ☐ Ensure that your participants are capable and prepared to succeed on the posted itinerary.
- ☐ Help your groups develop their skills.
- ☐ Resolve issues constructively before they get serious.
- ☐ Be a positive, responsible role model of 'leave no trace'

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Backpacking Building Blocks

B3 Leader Requirements

- ☐ ***Must demonstrate working competence*** in:
 1. Group Leadership: Trip planning, group leadership and communication
 2. Basic backpacking skills: Including gear, ten essentials, trail and camp skills, 'Leave No Trace'
 3. Navigation: Use of map and tools to 'stay found'
 4. Mountain Safety Skills/Knowledge: Common backcountry hazards, how to recognize and avoid or mitigate them
 5. First Aid and Emergency Preparedness: Basics to handle common on-trail first aid and emergency situations
 6. Standards and Policies: Mountaineers and land management agencies
- ☐ **Prepared to role model lightweight gear & methods (not "ultralight")**
- ☐ **Excited to teach/coach participants on key skills during your trips**
- ☐ **Caring, participant-focused, safety-oriented**

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Requirements for Backpack Leaders

New leaders can demonstrate ***working competence*** through:

- Application (required)
- Completion of this seminar and a mentored backpack (required in most cases)
- Other Mountaineers leader badges or group leadership experience with other organizations
- Course completion/certifications (*such as Red cross first aid, "Staying Found" or Wilderness Navigation class, Wilderness First Aid or Trail Emergency Preparedness class*)
- Take-home quiz or conversation/interview with committee chair

Free navigation and trail first aid/emergency preparedness classes have been created for hike and backpack leaders

We will follow up with new-leader candidates after this session

Leader Responsibilities: Leader Checklist

Pre-planning and communication

At the meeting place

At the trailhead

On the trail

In case of emergency

After the trip

Review the handout and be familiar with the expectations at each stage. We will cover a subset here.

The Route Difficulty Rating

All Mountaineers activities (trips) are defined by a **Route** and an **Activity**. The route is a fixed path on the ground, intended to be used on multiple activities. The activity is a trip on the chosen route on a particular date.

- Routes are established to manage overlap between parties. There may be a number of different options available for how to access the route and what sections, direction an activity may use.
- Routes are given a difficulty rating when they are set up.

Easy (E)	Up to 8 mi. RT with <1,200 ft elevation gain
Moderate	Up to 12 mi. RT or 1,200 – 2,500 ft elevation gain
Strenuous (S)	Up to 14 mi. RT or 2,500 – 3,500 ft elevation gain
Very Strenuous (VS)	Over 14 miles RT or over 3,500 ft elevation gain

- The leader may use a subset of the route or a somewhat modified version in their activity. The difficulty rating, distance and elevation can be modified from the basic route in the activity listing.

The "Leader Rating"

Leaders must also set a 'Leader Rating' where they can modify the basic route difficulty based on their planned pace or other factors.

- For beginners:** Average pace <1 mph - no technical challenges, special skills needed
- Easy:** Average pace 1-1.5mph and no technical challenges or special skills needed
- Moderate:** Average pace 1.5-2mph, OR an easy route and/or pace but with an overnight pack, OR some route or environmental challenges (rough trail, log crossings, steep terrain, cold rainy weather)
- Challenging:** Average pace >2mph, OR an moderate route/pace but with an overnight pack, OR significant route challenges or skills requirements (fixed ropes, very rugged terrain, steep scree descents, snow or ice crossings, extreme weather, dry camp, snow-camp, bear can requirement, etc.)

Rate each trip conservatively, based on a casual backpacker - not based on how easy it would be for YOU – communicate the details clearly in the activity listing and pre-trip emails.

Regardless of the rating, once on the trail you must manage your trip for the success of the slowest/least skilled participant.

Leader Responsibilities: Before the trip

6-8 weeks in advance

- Research trail conditions, recent trip reports to select a route and likely camp spots. *Ensure plenty of space for your group to camp!*
- Identify any reservations or permits required. Make arrangements for your group or tell your group what they need to do. Arrange paid shuttles if needed.
- Develop a detailed route and activity description including clear and concise description of the route, camps, daily distances and gain, hazards, physical and gear requirements.
 - A template will be provided if you want to list your trip through B3 and get the advance marketing to B3 students
- Post the trip yourself, or send the trip description to Monty (westseattle207@yahoo.com) for posting on the website.

Leader Responsibilities: Before the trip (continued)

2 weeks in advance:

- ☐ Check roster – screen participants to be sure that everyone is conditioned and experienced to be safe and have fun on your hike at the planned pace
- ☐ Check the weather forecast, road and trail reports – adjust destination or gear and skill needs; change destination if needed
- ☐ Send out pre-trip email to confirm meeting time & place, hazards and demands of the trip, gear requirements, facilitate carpooling

Special note on carpooling

- ☐ Liability risks mean leaders and staff CANNOT *assign or require* carpools.
- ☐ Leaders CAN *encourage* carpooling and *facilitate* by sharing contact info (if authorized by hiker)
- ☐ Willing drivers are a *precious* resource.
 - Remind people that it's an important courtesy to reimburse their driver. You can suggest a common reimbursement rate (12c/mi in Foothills)
 - Tell hikers the round-trip mileage to trailhead.

Youth, Pets

- ☐ Special requirements for leaders, supervision for anyone under 18 (even with their parents on the trip).
 - For more information: www.mountaineers.org/forms/working_with_youth_faq.pdf
 - We would love to offer an array of family oriented backpack trips!
- ☐ Hikes with dogs:
 - Establish this in advance as part of trip posting – don't 'spring' it on the other participants after they've registered.
 - Follow posted trail rules!!
 - Don't bring dogs in active wildlife areas.
 - Be sensitive to dogs in camps with other people.

Before the Trip: Screening Participants

Most problems on hikes or backpacks reflect poor match of participant capabilities/interests with the planned activity.

- Set expectations with clear activity descriptions and pre-trip communications - help participants self-screen.
- If your trip requires certain skills and/or conditioning, and you don't know a person who wants to join your roster:
 - Consider 'Leader Permission Only' option
 - Check their activity and course history on the website
 - Ask detailed but considerate questions to ensure that they are capable. (email, phone call)
 - *Recent activities they've been on? Who led? Pace?*
 - *If they don't know their pace, ask how long it took them to complete a recent trip*

Before the Trip: Screening Participants

It can be awkward and frustrating, but don't hide from this. Can have big effect on trip success and safety!

- *Be fair and as inclusive as possible. Can you find ways to accommodate a slower pace within your schedule? (Co-leader?)*
- *Be caring and respectful* –explain that you want to be sure everyone will have fun and be successful. Suggest an alternate trip if yours isn't a fit
- Decide based on relevant facts, not demographics or hearsay.
 - Even if past leaders have reported problems, give the person the benefit of the doubt – ask what happened, be objective based on the facts now. *Stand in their shoes.*
- If a person never responds, you have the right to turn them down or cancel them from your roster.

Leader Responsibilities:

Pre-trip preparation – The Ten Essentials

1. Navigation (map & compass)
2. Sun protection (sunglasses & sunscreen)
3. Insulation (extra clothing, sleeping bag) & rain protection
4. Illumination (headlamp/flashlight)
5. First-aid supplies
6. Fire (waterproof matches/lighter + flammable material or stove)
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter (tent/tarp)

Why Carry All This Stuff?

★ *Stay safe and well even if conditions change*

★ *Get back safely to the trailhead after dark, or even spend an extra night out, if someone was lost or injured*

Leader Responsibilities:

Pre-trip preparation – The Ten Essentials

- ☐ The leader should always carry all of the essentials – and some extras of especially critical items.
- ☐ Emphasize critical items in activity description and pre-trip emails– **and check for them before you leave the meeting place**
- ☐ It's not required to check everyone for all ten essentials before every trip. Teach and lead by example -don't be more rigid than the circumstances require for safety.
**If someone shows up without a piece of critical gear, see if someone else can share or decide if it's truly essential before leaving someone behind. Be a teacher – help them succeed.*

Leader Responsibilities: Emergency Preparedness

Before the trip:

- ☐ Leave your itinerary with a trusted friend or family member, along with when you'll be back and what to do if you don't return by that time.
- ☐ Bring emergency contact numbers for your participants
- ☐ Print out and carry first aid-emergency procedures outline with you; adapt based on the particular hazards of a given trip
- ☐ Bring along an accident report form and pencil
- ☐ Check your first aid kit – be sure it's stocked
- ☐ Plan out your emergency communication options (PLB, radio or sat phone for trips remote from cell communication)

Leader Responsibilities:

At the Meeting Place, At the Trailhead

- ☐ Be sure that everyone has directions to the same trailhead, and the right permits!
- ☐ Check the roster – make sure everyone has a ride
- ☐ Introductions
- ☐ Ask for a volunteer to be first-aid leader, sweep – explain what that person's role is
- ☐ Describe the route and trail conditions, hazards to watch out for
- ☐ Review the map – route, junctions, handrails, rest stops, water sources, lunch, camp, turnaround time

Leader Responsibilities: At the Trailhead (continued)

- Communicate explicit expectations about:
 - How you intend to manage the pace, when and where to wait for the group to catch up
 - Staying hydrated and fueled all along the way
 - Procedure for 'bio breaks'
 - **Safety first! Will turn around if you judge conditions to be unsafe.**
- Encourage communication of safety concerns, needs, any illness or injury as you go along – why this is so important to everyone's safety
 - *Be explicit about the likely feeling of peer pressure – and why it is so important to take responsibility and speak up for your own safety and needs! (Be "heard not herd")*

Leader Responsibilities: During the Trip

- Manage the pace for safety and morale of everyone
 - Decide based on experience, conditions and trail hazards whether to keep the group together or let them spread out. Best to stay in sight of the others.
 - YOU are responsible for safety. Don't back away from doing the safe thing just because someone pushes hard or gets frustrated. Everyone is responsible for the whole group, *including the people behind them*.
 - ALWAYS require that participants wait for the group at junctions and significant stream crossings or hazards.

Don't take your group beyond the capabilities of the weakest or least skilled members!

Leader Responsibilities: During the Trip (continued)

Stay vigilant for participant, weather, route issues.

If conditions change or the route proves more difficult than the weakest member can complete safely, find a safer alternative or turn around.

- Avoid 'mission creep'. *Lead the trip you posted.*
- Gather the facts, listen, discuss alternatives, but also be decisive and confident. Explain your rationale and relate it to the safety of the group.
- Draw out the quiet people. Watch for the 'herd mentality'.

Don't be afraid to make an unpopular call if YOU believe it's important for safety of the group!

- "Majority rule" or consensus works in some situations but not all.

Leader Responsibilities: Emergency Preparedness

In case of an injury or emergency situation:

1. STOP. Stay calm. Take charge.
2. Before entering the scene, quickly survey the situation (*What happened? Remaining hazards or new ones? Other injuries/issues?*)
3. Protect yourself and your group members. *Allow no new victims!!!*
4. Clearly announce roles of group leader, first aid leader
5. Put on/ get out protective equipment (gloves, mouth guard) before approaching the injured person

Leader Responsibilities: Emergency Preparedness

Provide First Aid *within your level of training!*

1. Get consent to help the patient. (unconscious=consent)
2. Check **ABCDE** and address life-threatening problems
 - **Airway:** Is the patient's airway clear?
 - **Breathing:** Is the patient breathing?
 - **Circulation:** Is there life-threatening bleeding?
 - **Spine and Brain:** Cognitive impairment: Potential spinal injury?
 - **Environment:** Protect the person from the elements – initiate evacuation
3. Do a secondary survey and record patient information (use **Accident Report Form**)
4. Stabilize patient and scene *before* sending for help

Leader Responsibilities: Emergency Preparedness

Plan Your Evacuation

- ☐ How are you going to safely get help?
 - Consider urgency, distance, terrain, group strength, route, communication options.
- ☐ Write down and share the plan with everyone.
- ☐ Don't let anyone leave unless you've assigned them to go get help.
 - Evacuating a person can take multiple people!
- ☐ Never leave someone alone or send someone out alone.

After any rescue is initiated, contact the Mountaineers via emergency line: 206-521-6030

Leader Responsibilities: **Emergency Preparedness**

Review the '7 Steps for Emergency Preparedness' handout from Freedom of the Hills.

Check out our "Trail Emergency Preparedness" class for hikers and backpackers! **Free for Foothills leaders!**

- ▣ Also very valuable to take a Red Cross First Aid-CPR class – often held at local fire stations, inexpensive
- ▣ To go further, the Mountaineers offer multiple sessions of the 16-hour 'Wilderness First Aid' class

Report any accident or important safety incident in the post-trip safety report – encourage participants to provide feedback.

Leader Responsibilities:

Know basic navigation to *Stay Found*

- Always carry a good topo map of your trail - know how to orient to north, read the scale, lines and symbols
- Review route in advance – note junctions, handrails, water; expected time to reach key points; lunch, turnaround time
- Review the map regularly as you go along to "read" the terrain, route and distance you've traveled
- Learn how to use watch, compass, altimeter with your map to figure out where you are
- DON'T RELY ON GPS ALONE. Batteries, satellite links can fail.

Check out our hands-on 'Staying Found' navigation class for hikers and backpackers! **Free for Foothills leaders!**

Leader Responsibilities: **Lost Hiker?**

Keep group in view and count noses regularly to prevent lost hikers!! But if you lose someone:

- ▣ Determine when and where hiker was last seen.
- ▣ Plan a search – review where searchers will go on the map (everyone must have a map!)
- ▣ Don't send anybody out alone; nobody should be waiting alone while group searches. People should bring their pack and gear.
- ▣ Designate a time and place to reassemble all search groups
- ▣ If hiker is not found, contact local search and rescue via 911.

Let's get started!

- ☐ Stick around after the questions if you want to become a backpack leader
- ☐ Please fill in your target weekends on the B3 backpack trip calendar
- ☐ If time allows, I will stay to demonstrate the Mountaineers website functions for finding rosters, listing trips, managing rosters, finding participant information



Questions?



Next steps to become a backpack leader

- ☐ Review all the class reference materials (Foothills Backpacking Committee site)
- ☐ Indicate your interest on new-leader signup sheet at the back
- ☐ Submit application form – find it at link sent with pre-class materials (Foothills Backpacking Committee site)
- ☐ We'll work with you to arrange the appropriate next steps in a timely fashion.
 - We can help you find a mentor for your mentored hike or backpack, or you can choose any experienced leader you are comfortable with (ok'd with committee in advance)
 - If you need additional training or experience, we'll help you get it
 - Active Foothills branch hike or backpack leaders have access to free or subsidized 'core-skills' training

**Next steps to become a hike or backpack leader
(continued)**

- ❑ Leaders must be on the leader roster for a sponsoring hike/backpack committee to post and lead a trip.
- ❑ You can request additional mentoring or post hikes with a co-leader at any time.
- ❑ We recommend becoming a Mountaineers hike leader before leading backpacks
