

The Mountaineers Olympia Branch

Hiking & Backpacking Committee Hike/Backpack Leader Qualifications

Qualifications for Hike Leaders:

- ❖ Be a current Mountaineers member, at least 18 years old.
- ❖ Lead two mentored hikes with a qualified Hike Leader as mentor. For the first hike, be Assistant Leader with the mentor as Leader. For the second hike – choose the trip, handle logistics, and be the Leader with the mentor assisting.
- ❖ Demonstrated knowledge of The Mountaineers club culture and processes, as well as enthusiasm for leading hikes (e.g. Graduation from courses, volunteerism, participating in trips).
- ❖ Demonstrated ability to meet club wide minimum standards, which include:
Leaders have competence in the following as appropriate for their trips:
 - Group leadership
 - Use of topographical maps and compass
 - Mountain safety, including identification of hazards and actions to avoid injury
 - First Aid
 - Emergency preparedness (how to summon help should it be needed)
 - Leave No Trace / Low Impact Recreation skills
 - Backpacking:
 - Backpacking Gear and planning
 - Backpacking food and water planning
 - Camp set up
 - Pacing
 - Conditioning
- ❖ The Committee as a whole will review qualifications prospective hike leaders as appropriate and may recommend additional steps such as leading additional mentored hikes (or backpacks) if it appears warranted.

Recommended:

- ♦ Graduation from a Mountaineers Leadership course.
- ♦ MOFA or Wilderness First Aid, especially for someone planning to lead difficult/strenuous/very strenuous hikes.
- ♦ Current Red Cross First Aid/CPR certification.
- ♦ Demonstrated navigation skills, particularly with map & compass.
- ♦ Attend a New Hike/Backpack Leader Seminar with the Mountaineers. This does not substitute for a Leadership course.

Expectations:

- ♦ Hike Leaders lead at least two hikes per year in a safe manner to remain qualified as an active hike leader.
- ♦ Backpack Leaders lead at least two backpack trips for the Olympia branch over two years in a safe manner to remain qualified as an active backpack leader.
- ♦ Support the Mountaineers philosophies and uphold its standards and goals.

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Process for becoming a new hike leader:

1. New Hike leader is paired with a mentor – either an experienced hike leader that the new leader has contacted or by contacting the Committee Chair for assistance in connecting with a hike leader mentor.
2. First hike – the new hike leader will act as assistant lead on a hike that the mentor sets up, observing and asking questions. This is an opportunity for the mentor to communicate why they are setting things up a certain way, how they go about screening participants, trailhead discussion, methods of leading and safe return to the trailhead after the hike. During both mentored hikes, the Mentor may also advise the mentored leader of issues, tips, and advice that will help the mentored leader succeed as a hike leader. The Mentored will also advise the new hike leader on the process of updating the Mountaineers activity to reflect any issues. This includes how to set individual results (turn-around, needs improvement, successful, etc.) and how to close out the trip.

Once this first mentored hike is completed successfully and the new leader is ready to list their mentored hike, contact the Hiking Committee Chair to have the new leader added to the leader roster, which will allow them to list their hike for the 2nd mentored hike.

3. Second Hike – Mentored Hike leader now chooses the hike, lists the hike on the Mountaineers.org website, screens the participants, prepares the pre-trip communications, leads the trailhead meeting, leads the hike, leads the post-trip meeting at the trailhead, records individual results, and closes the hike on the Mountaineers website.
4. Once the new hike leader has completed both hikes (one if a graduate of a Mountaineers Outdoor Leadership course (the new hike leader seminar does not substitute for this), the Mentor will fill out the attached *Mentored Lead Report Form*.

Upon successful completion of the two hikes, and determination by Mentor that the hike leader is ready, the new hike leader is ready to lead their own hikes.

New hike leaders are encouraged to contact their mentor or the Committee Chair with any questions or concerns. The new hike leader is also encouraged to limit the size of their hikes to 6-8 participants or less and to have an assistant hike leader designated until they feel comfortable leading hikes on their own.

Process for becoming a new Backpack leader:

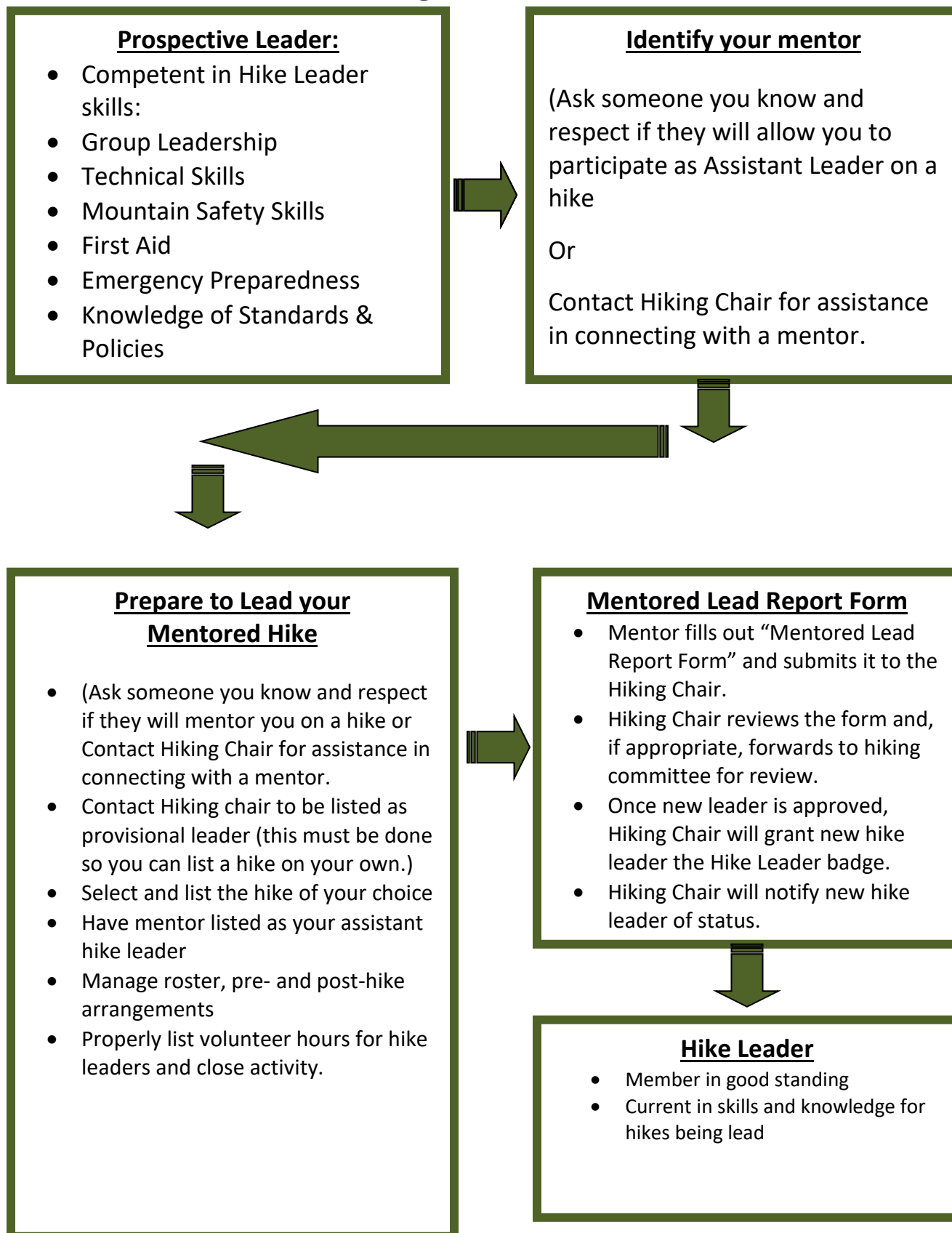
1. Be a current, active Hike Leader
2. Attend a session of the New Hike/Backpack Leader Seminar
3. Co-Lead a backpack trip with an experienced current backpack leader as a mentor. You should be on-point for researching and selecting your destination, planning, and posting your route, doing the pre-trip communications, managing and leading the trip along the way, and following up to close and report on the trip on the Mountaineers website. Your mentor is there to provide assistance and counsel.
4. Once the new backpack leader has completed the mentored backpack, the mentor will fill out the attached Mentored Leader Report Form.

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5. Upon receiving a favorable report from the mentor, one of the chairs will add you as an official backpack leader for Olympia.

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Becoming a Hike Leader



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MENTORED LEADER REPORT FORM (V82014)

Name of Student: _____

Name of Mentor: _____

Date of Outing: _____

Type of Outing: _____

Mentor Signature: _____

Student Ratings (mark one for each quality)

QUALITY	EXCELLENT	GOOD	FAIR	POOR
Personal Organization				
Attitude				
Interpersonal Communication				
Taking Responsibility				
Resolving Conflicts				
Exhibiting Sensitivity				
Good Sense and Awareness				
Anticipated Problems / Offered Ideas				
Showed Patience				
Made Sound and Prudent Decisions				

Other comments including student strengths and opportunities for improvement

Student appears ready to lead approved activities?

Yes

No

Not Sure