

**Are You Interested in Becoming a Hike Leader?
If So, Here Are Some Tips**

Hike Leader Check List

Before The Hike

Choose the route

- Consider location, length and timing, whether linear or circular
- Consider season, terrain, heights and climbs, tide schedule, likely ability and fitness of group
- Check transport options, such as park for central meeting point and carpooling
- Check out the route before the group hike if possible
- Walk the full route, noting critical navigation points, hazards and problems and adjust the route if necessary. Check timings, rest points, escape or alternate routes and any access restrictions.

Publicize the hike

Write up a description of your hike, whether it is an impromptu hike or to be scheduled on the Club's monthly calendar. The information required is as follows:

- Activity
- Date
- Location and meeting spot
- Description: level of difficulty and what to bring
- Notes: Any special instructions
- Your contact info and if you want members to register prior to the activity

Email this information to the Communications Coordinator, who will then distribute it to all members.

The Day Before

- Check accurate weather, tide times and alter route if necessary. Be prepared to cancel if the weather is too bad
- Check personal gear and first aid supplies
- Be prepared to answer queries from potential attendees

On the Day

- Be early and welcoming, especially to new members and guests.
- Ensure everyone is carrying a completed ICE (In Case of Emergency) card.
- Be prepared to turn members away if it is felt that they would be unsafe to complete the hike. i.e. not properly equipped e.g. wearing sandals or it is felt that they are not physically capable of completing the scheduled hike.
- Appoint a sweep if you do not already have one.
- Introduce yourself, and the sweep. Give details of the hike including the route, estimated return time, refreshment stops, points of interest and any hazards to be aware of.
- Form a circle and ask everyone to state their name and count down so that you will know how many people are participating in the hike.
- Signal the start of the hike.
- Stay at the front of the group and check frequently that you can see your sweep or have communication with them.
- Set a pace to suit the fitness and capabilities of the group and the advertised difficulty of the hike.
- Make a point to chat with members and be aware of how the overall group is managing with the hike.
- When coming to a Y on the trail, wait to ensure all members have caught up and know which direction to go.
- After hiking over obstacles or up steep hills, stop to regroup, especially if the group has split. Ensure the members at the back of the group have time to rest before resuming the hike.
- Periodically count the number of participants to ensure everyone is present.
- Check your route frequently if necessary, by using phone hiking apps, compass or maps.
- Highlight any points of interest.
- Continuously be alert to problems with the weather, trail conditions and/or any individuals who may be struggling.

At the end of the hike

- Check that everyone has returned and can get home.
- Thank everyone for coming.

***** **Most Importantly, Enjoy The Hike** *****