

CALIFORNIA ALPINE CLUB VOLUNTEER HIKE LEADER GUIDELINES

Before the hike starts:

- Hikes starting at the Alpine lodge will require hikers to have their temperature taken and sign the MANDATORY Liability waivers and Health questionnaire. Hikes starting at the trailheads will require the Liability and health questionnaire to be completed prior to starting the hike. Take a picture of the Liability waiver with your cell so you have names of the hikers and their emergency contact information.
- Appoint a REAR LEADER.
- Announce your name to the hikers. Tell them the grade and length of the hike, as well as the approximate time of return. If there are new hikers, inform them that hikers are to have had prior hiking experience and be able to hike at a moderate pace (i.e., two miles per hour). If, during the first 10 minutes of a hike, the leader sees that a hiker is not capable of keeping up, he/she should ask the participant not to continue on the hike. Remind hikers to wear masks and maintain social distance at all times.
- Stress that no one should leave the hike without informing the leader or the rear leader. The hike leader has the option of allowing hikers to go ahead. Let them know that to avoid being considered “off the hike,” they must wait at the next junction.
- Stop and wait for hikers to catch up if there is a large gap between them.
- Remind hikers that they should carry sufficient water, personal first aid items, and lunch if the time of the hike warrants it.
- Carry a CELL PHONE, if possible, with the phone numbers of the State Park ranger, MMWD ranger, and Throckmorton Ridge Fire Station in memory. Be aware that not all cell phones can operate on the mountain. MMWD emergency is 415-472-0911. State Park emergency is 415-388-2070 or 415-388-3653. Throckmorton Ridge Fire Station is 415-388-5414. California Alpine Club is 415-380-8250.

During the hike: Stop at all junctions and do not resume the hike until the rear leader is in sight and all hikers are present. Ensure masks and social distancing is observed at all times including at breaks and lunch stops.

After the hike: Wait for the rear leader to see that everyone has returned safely and that no one has been stranded. Hikers may return to the Lodge and use the rest room and deck at the discretion of the Hike leader who will need to be present and lock South entrance and deck doors.

Substitute Leaders: If a leader is unable to lead a scheduled hike, it is his/her responsibility to obtain a substitute and notify the Hike Leader coordinator regarding the change. Should this be impossible, the leader in consultation with the hike Coordinator will notify all the participants that the hike has been cancelled on the CAC Meet up website and note the cancellation on the Hike description.

Hike Coordinator: Maryellen Buckley 514-713-0903, mebuckley113@gmail.com

Thank you and have a wonderful time!