

Hike Leader/Sweep Guidelines

Have Fun!! The following items will be more or less important to you depending on the place, the hikers, and your experience.

1. Make sure all hikers park in appropriate spots. We must respect all landowners.
2. Pre drive the car pool route, if possible, and if required.
3. Pre hike the trail if possible, making note of interesting sightings.
4. Be prepared to alter, modify, or even cancel the hike if weather conditions are hazardous.
5. Be punctual. Start hike at the correct time.
6. Take a head count.
7. Carry a basic first aid kit and cell phone, if you have one.
8. Ask hikers to complete & sign the *Waiver of Liability and Assumption of Risk* (check-in sheet) before the hike starts & carry the waiver sheet with you during the hike. *
9. Points for the hike leader to announce at beginning of hike:
 - Introduce yourself and your sweep (if you have one) – give a brief background of your involvement in the club if you wish.
 - Everyone hikes at his or her own risk.
 - If anyone must leave the hike, or forge ahead, please be sure to notify the hike leader and hike sweep.
 - Take Bio (biological) breaks when needed – leave pack on side of trail to notify sweep that someone is ‘taking a break’. The sweep will wait at a discreet distance.
 - The group will be hiking at the pace that is comfortable for all the hikers; that is, the slower walkers.
 - If you see something that you think others would be interested in, please gather people around and explain. Everyone likes to learn on a hike. Encourage hikers to share their knowledge.
 - Describe the route the hike will be taking; also potential dangers; that is, bears, poison ivy, steep climbs.
 - Estimate the approximate time you will be getting back.
 - Encourage non-members to join and have membership forms handy.
 - Remind hikers to lock their cars and not to leave any valuables (e.g. cash, credit cards, driver’s licence, & expensive items such as cameras) in them, even in the trunk

* The *Waiver of Liability and Assumption of Risk* (alias check-in sheet or sign-in sheet) may be downloaded from the PBTC website as a PDF file.