

CALIFORNIA ALPINE CLUB VOLUNTEER HIKE LEADER GUIDELINES

Before the hike starts:

- 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 notices that a hiker is not capable of keeping up, he/she should inform the participant to not continue on the hike.
- SIGN UP SHEETS are optional. You may find them useful. You should at least know the number of persons starting the hike to assure that no one gets lost from the group along the way.
- Stress that no one should leave the hike without informing the leader or the rear leader. The hike leader has the option of permitting hikers to get ahead of the leader. Tell them however that they must wait at the next junction or they are considered to be off the hike.
- 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, however, 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 (415) 388-5414.

During the hike:

Stop at all junctions and do not resume the hike until the rear leader is in sight and count the number of hikers who started out.

After the hike:

Wait for the rear leader and see that everyone has returned safely, and that no one is stranded.

Substitute Leaders:

If a leader is unable to do the scheduled hike, it is his/her responsibility to obtain a substitute. Should this be impossible, the leader must post a cancellation sign on the Club door or ask someone to appear at the starting point to inform participants that the hike is cancelled.