

# Red Deer Ramblers

## *Everyone is Expected to Review and Comply* Guidelines

***Our coordinators are not trained guides but volunteers who love the outdoors.***

### CHOOSE YOUR HIKE WISELY

- ❖ **Please** familiarize yourself with our rating system to choose a hike appropriate for you and fellow hikers.
- ❖ If you have any **medical condition** which may affect your hiking ability **please** have your doctor advise you regarding strenuous physical activity. These hikes are more than just a walk.
- ❖ Research the hike to be aware of terrain, steepness and exposure to determine if it suits your abilities.
- ❖ Coordinators are always available to help you decide if this hike suits you; but they do have the right to exclude your participation in a hike if they think you do not have the ability or correct equipment.

### GUIDELINES FOR HIKING

#### WAIVER:

- All members are required to sign-in prior to leaving on each hike to release liability against the Red Deer Ramblers, acknowledgement of member responsibilities and acknowledgement of risk.

#### RISK: EACH PERSON IS RESPONSIBLE FOR SELF, BUT BE AWARE OF OTHERS NEEDS.

COMMUNICATE YOUR NEEDS CLEARLY. IT IS EVERYONE'S HIKE.

- **We recommend hiking in a tight group of four or more.**
- Notify coordinator **at time of carpooling** of any recent surgeries, injuries or medical conditions (e.g. Diabetes, allergies, heart conditions, etc.).
- All hikers including children must be able to hike at least 10 km in the mountains. Consult the coordinator if you question the suitability of the hike for your child. Children are the responsibility of the parent or designated adult. **Never let children wander.**
- **No pets** on any hike.
- Everyone **MUST BE ACCOUNTED FOR** at the end of the hike and all drivers **must** notify coordinators before leaving.
- Let family/friend know where you are heading and supply a phone number of a contact person when signing the waiver.

#### HAZARDS:

- Be aware of expected weather and alert for incoming storms. Leave exposed high areas in case of lightning.
- Have a turnaround time with adequate time to come down – it may not be less.
- Be informed as to what to do in an encounter with a bear, cougar, etc. Stay alert for bear signs and make noise when needed.
- Check for ticks after hike, more prevalent April to June.

#### CLOTHING:

- Dress in layers of synthetic or wool quick-drying materials. **No cotton. No jeans.** Always have extra warm fleece in your pack.
- Always have a good waterproof, breathable jacket with a hood as inclement weather can occur at any time.
- Have long waterproof pants. Poncho can be used as raingear. Have waterproof cover for pack or use plastic inside the pack.
- Always bring a hat for sun; warm mitts and toque for all hikes as weather in the mountains can change **very** quickly.

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# Red Deer Ramblers

## Guidelines

### NUTRITION:

- Water, AT LEAST 2 LITRES OR MORE ON LONGER HIKES/HOT WEATHER. Do not risk drinking from streams!
- High energy food is important for body fuel. Include some protein and complex carbohydrates. Also bring trail mix, energy bars, and extra food in case of emergency or delay in returning. Have snacks you can eat on the go in case weather prevents us from stopping.

### GEAR:

- Have sturdy, comfortable, waterproof hiking boots. Wear wool, thick acrylic or wool/acrylic socks.
- Microspikes for boots are advised for traction on snow or ice for early season hikes.
- Have shoes to change into after the hike and a plastic bag for your dirty hiking boots.
- Trekking poles are advised. Gaiters are useful in tick areas, crossing streams, scree, mud, etc.
- Bring a sturdy well fitted pack with:
  - Include headlamp, bandana, sunglasses, sun block, silver space bag/blanket, extra plastic bags (include a large orange plastic bag), sit pad, extra socks. Check your gear on a regular basis to ensure reliability.
  - First aid materials - band aids, dressings, moleskin, duct tape, pain medication, etc. Check website for more complete first aid suggestions.
  - Insect repellent, waterproof matches, bear spray.
  - Camera, field glasses, maps, trail guides, as desired.
  - ID with contact numbers, medication list and allergies.

### ETIQUETTE:

- Do not destroy, remove or pick plants, rocks, fossils, etc.
- **Pack out everything you bring** including toilet paper, food, peel. Please leave trails in better condition – pick up garbage.
- **STAY ON TRAILS.** Do not take shortcuts or detours even in wet areas, as these actions cause braiding and erosion.

### MEETING PLACE:

**\*\*NW Corner Bower Mall Parking Lot \*\***

**TIME:** Ensure you arrive **15 minutes before departure time** for briefing and car pool arrangements.

**\*\*Now is the time to talk to the coordinator about your medical conditions, injuries or recent surgeries.\*\***

**We leave sharp on the hour, no exceptions.** Coffee/rest stops are 15 minutes, we will **not** stop to eat. Bring your own food /coffee or get some to go.

**\*\*On Saturday hikes there is **NO GUARANTEE** as to what time we will return.\*\***

**MEMBERSHIP:** Yearly fee of \$10.00 per person/\$20.00 per family. Membership cards are issued.

**TRANSPORTATION:** Have your car roadworthy and filled with gas for car pooling. Vehicles will be refueled upon return. Passengers split the gas cost (driver does not pay); plus as appreciation for the driver and vehicle pay \$5.00 for each 300km increment in travel. If catching a ride part way, pay the driver \$10.00 or amount deemed appropriate; half to driver, half to gas.

For national parks, please bring your park pass if you have one. If you do not have a park pass, you pay the split daily rate to the owner of the pass.

***\*It is expected drivers have a replacement driver in event of becoming tired.\****

**COMMUNICATION:** For travel, we recommend one cell phone per vehicle, with contact numbers.

On hikes, 2-way radios are used for communication. Hikers breaking into smaller group (minimum of 4) are responsible to take a radio.

**\*We have a SPOT which can be activated in an emergency if other means of contact are not available.\***

**CONTACT US:** Email: [rdramblers@gmail.com](mailto:rdramblers@gmail.com) OR Website: [www.reddeerramblers.com](http://www.reddeerramblers.com)

# Red Deer Ramblers

## Hike Ratings

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**Please** familiarize yourself with this rating system. It is not just distance or elevation; the total can be more due to rough or undulating terrain. Your physical condition, experience, and equipment are important factors in selecting a hike. Do not select a hike beyond your ability.

Coordinators have the right to exclude you from the hike if they feel you do not have the ability or equipment needed.

**EASY (E):** Generally, less than 10 km in length with elevation gains of less than 300 M and no steep slopes. Well-maintained trails with few if any hazards to footing. A relaxed pace with plenty of opportunities to stop for rests, observe surroundings, and study flora and fauna, or simply to socialize. Prepare as you would for other hikes, bringing your lunch and adequate water.

**MODERATE (M):** Typically, about 10-15 km in length and/or 300-700 M elevation gain. May have the odd steep sections and rough trail conditions (e.g., snow/ice, exposed roots, rocks or even occasional loose scree). A steady pace is normally maintained with fewer stops than on the easy hikes. Some endurance is required.

**DIFFICULT (D):** Typically, 15-25 km in length and/or 500-1000 M elevation gain. Likely to encounter steep sections as well as difficult footing (e.g., loose scree). A steady &/or brisk pace is required and hikers must have both strength and endurance for the distance and the elevation. We strongly recommend you successfully complete a moderate hike before attempting a difficult one.

**EXTRA DIFFICULT (XD):** Either more than 25 km in length requiring superior stamina or in excess of 1000 M of elevation gain requiring strong legs, or both. On the major climbs very steep sections are almost certain to be encountered with loose rocks and scree and other hazards. Unpredictable weather can greatly increase the hazards. Anyone afraid of exposed conditions (e.g., narrow ledges or ridges and scrambling over exposed faces) or uncertain of his/her strength and stamina under the most demanding of conditions, **SHOULD NOT** attempt extra difficult hikes. We strongly recommend you successfully complete a difficult hike before attempting an extra difficult one.



**Sign-In Sheet & Release of Liability, Acknowledgement of Member Responsibilities &**

**Acknowledgement of Risk**

- I am aware of the risks associated with hiking; its distance, duration and degree of difficulty and accept full responsibility for being properly equipped and physically & medically able to participate.
- I certify that I have the degree of skill and knowledge necessary for me to engage in these activities.
- I am aware of the risks, dangers and hazards associated with wilderness activities and I freely accept and fully assume all such risks, dangers and hazards and the possibility of personal injury, death, property damage and loss resulting there from. Accordingly, I waive all liability against the Red Deer Ramblers.
- I acknowledge and agree that all expenses associated with non-scheduled or emergency evacuation, rescue or first aid and other medical expenses will be my responsibility and will not be covered by Red Deer Ramblers.
- I am **solely** responsible for myself, my children or children in my care.
- I will remain with the assigned group; if I decide to leave early and not complete the outing as planned, I assume all risks inherent in my decision to leave and waive all liability against the Red Deer Ramblers.
- Likewise, if the coordinator has concluded the outing, and I decide to continue the hike without the coordinator, I assume all risks inherent in my decision to continue hiking and waive all liability against the Red Deer Ramblers.
- I have received, read, understand and agree to comply with the attached Guidelines.

Hike \_\_\_\_\_

Dated: This \_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_

**\*\*Parent/Guardian to sign for those under 18 years of age.**

Print Name	Signature	Emergency Contact #
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**Sign-In Sheet & Release of Liability, Acknowledgement of Member Responsibilities &**

**Acknowledgement of Risk**

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