

COACHELLA VALLEY HIKING CLUB

HIKE LEADER WORKSHOP

2018

WELCOME

HIKE

LEADERS

THANK YOU
FOR ALL OF
YOUR WORK



HIKE LEADERS GUIDE

- Provide suggestions for leaders
- Provides general guidelines
- Suggested procedures for a safe/successful Hiking trip
- Hikers appreciate your willingness to lead hikes
- First Aid

ROLE OF THE LEADER

Hike Leaders

- Experience and judgment
- Authority and responsibility for safety
- Hikers adequately equipped
- Reaching the destination
- Having an enjoyable experience
- Returning safely

Authority & Judgement



CHARACTERISTICS OF GOOD LEADERS

Enthusiasm

Personal preparation

Group awareness

Knowledge of good hiking

Ability to make decisions

Willingness to accept responsibility

Concern for safety

Good hiking practices

Good judgment



GUIDELINES FOR HIKE LEADERS

- **SCREENING HIKERS**
- **CHECK WEBSITE TO DETERMINE MEMBERSHIP**
- **YOUR OWN READINESS AND HIKING SKILLS**
- **OBTAIN PERMITS WHEN NECESSARY**
- **EXERCISE GOOD TRAIL COURTESY**
- **SENSITIVITY AND TACT**
- **PACE**
- **UNQUALIFIED TRIP PARTICIPANTS**
- **SPLITTING THE GROUP**

SCREENING HIKER'S



TIPS FOR A SAFE HIKE

- Obtain accurate and timely weather forecasts
- Consider hazards along the route
- Consider time needed for hike
- Physical condition and experience of hiking party.
- In cold conditions, be vigilant for hypothermia
- In hot weather, monitor for signs of heat-related illnesses

BEFORE THE HIKE

- Introduce yourself and all participants
- Identify guests and new members Check the Hike List to see if everyone has signed
- Do a quick equipment/water check
- Describe the hike and trail conditions, pace, side trails, special scenery
- Establish the hike rules
- Remind everyone to wait at trail intersections
- Designate a First Aid person
- Appoint a Sweep

AFTER THE HIKE

1. Make sure all hikers have returned
2. If a dinner/food stop is being planned, identify location and directions
3. Make sure all cars start before leaving
4. Complete Hike Report if anyone signed off the hike



LOST HIKER

- Determine when the hiker was last seen
 - Plan a search party
- Never send anyone out alone
 - Designate a time and place to reassemble
- If hiker is still lost, contact 911
- Search & Rescue can take several hours to begin a search



MINOR INJURIES DEFINITION

- A minor accident is one that in the leader's judgment has been successfully treated on the spot
- Does not require assistance in evacuation
- Will not cause future complications.



SERIOUS ACCIDENTS

- ✓ Requires assistance to the trailhead
- ✓ Requires evacuation
 - ✓ Requires hospitalization
- ✓ Needs treatment by a medical professional
 - ✓ Is critical



SUGGESTED PROCEDURES

STAY CALM

FIRST AID

SELF EVACUATION OR RESCUE

SEND FOR HELP

CONTACT THE AUTHORITIES



AIRCRAFT RESCUE PREPARATION

Signal Panels



Clean Landing Zone



EVACUATION PREPARATIONS

Prepare Injured



Evacuate injured



EVACUATION GUIDE

Clean/Check area before leaving



Head for the Trail Head



THE END

