

Hike Leader Duties

Before the hike:

- Be sure you've scouted it or hiked it before
- Have your first aid kit
- Be sure you have a sweep

Hike write-up

- Include mileage, elevation gain, cumulative ascent (if possible), difficulty level, pace, any special terrain issues
- Meetup time and place
- Provide link to trailhead if possible
- "Hike limited to # hikers."

Vetting hikers (pick and choose whatever questions make sense)

- Be sure your hiker is a CVHC member? (CVHC Home Page, choose "Links and Resources tab", then scroll down that page to "Membership Roster".)
- How often do you get to hike?
- What is your average hiking distance and pace?
- When was the last time you hiked a route somewhat similar to the hike described?
- What other hike leaders have you hiked with in CVHC?

Communicate a few days before hike (Serves as a reminder and people may have changed plans)

- Confirm meetup time and location
- Advise on food, water, shoes, poles, any special terrain issues
- Will not be able to accommodate early departures from the hike

At the trailhead:

- Good to have emergency contact info, either by hiker carrying a tag, or on a sign-in sheet
- Intros all around
- Anyone with history of anaphylaxis to insects or environmental factors needs to have Epi-Pen
- Brief description of the day including planned breaks
- Stop at all junctions/ intersections
- Bio-break- notify sweep
- Any problems at all (having difficulty) tell sweep or leader

During the hike:

- Awareness of anyone struggling
- No one is left behind unless there is an emergency. Then strategize (sweep returns with hiker? 911? SOS?)

After the hike:

- Be sure everyone is back
- Photos, brief summary to Shirl Donahue