

**2017**

## **Trip Leader Guidelines for Panhandle Nordic Club Activities**

Announce trip at the club meeting with location, date and type of activity planned with a cutoff date to sign up.

### **Website Posting**

1. Provide a description of the trip you plan to lead, include:
  - Meeting place/s, carpool or trailhead location.
  - Show up time and departure time for both locations.
  - If available, identify internet link/s or trail guide references that provide details about the activity area.
  
2. Provide driving instructions in the description:
  - To meeting location/s for carpooling and the final destination.
  - If available, provide internet link to route descriptions or maps.
  
3. Also provide the following information in description:
  - Trip Leaders name and contact information
  - Length of trip
  - Level of activity easy, moderate or difficult
  - Email trip description to website coordinator to post on club website

## **Participation Guidelines**

Before departing, the trip leader should ensure that participation and travel plans are established and understood by the group. Following are guidelines that should be practiced or considered:

1. Create a roster of all the participants, as a minimum include:
  - Name
  - Phone Numbers
  
2. Review driving instructions to activity trailhead, meeting time/s and coordinate carpool assignments.
  
3. Review the activity description provided on the club website. Ensure that participants are comfortable with & prepared for:
  - Level of difficulty, distance and estimated time to complete (as a group).
  - Their clothing, shoes, and equipment.
  - Hazards and how to respond (Such as: wildlife, steep terrain, cold or wet weather, slippery footing, etc.).
  
4. Pair-up participant's as a precaution to avoid losing someone.
  
5. If possible, ensure that the following items are available personally or within the group during the activity:
  - 1<sup>st</sup> Aid kit (recommend having knee and ankle support available)
  - Fire starter & Flashlight
  - Knife & Duct tape
  - Map, Compass, GPS (if available)

*\*For ski/snowshoe activities: bring extra equipment (e.g. poles, wax, etc.) and tools suitable for making minor repairs.*

## **Hiking/Skiing/Snowshoeing Trail Classifications**

The following trail classifications are intended for use by trip leaders as they begin planning their hike or cross country ski adventure and for the club members to acquaint themselves with how we rate hikes or ski trips so everyone can get the most enjoyment (and least frustration) from an outing.

The descriptions that follow are to be considered general guidelines to be modified as the trip leader feels appropriate for the hike or ski trip being planned.

### **EASY**

Outings of this type will generally consist of trips that:

- \* are two to four miles long with vertical gain of 500 feet or less
- \* have little or no trail obstacles for hiking and water crossings that are shallow and allow easy stepping to cross
- \* are along unpaved, well developed trails (think state parks) with good footing and often are double track width
- \* have flat or gentle slopes and tracked trails for skiing

### **MODERATE (most common)**

Outings of this type will generally consist of trips that:

- \* are four to seven miles long on unpaved terrain with vertical gain of 1,000 - 1,500 feet
- \* have hiking obstacles that could involve climbing over fallen trees, stream crossings on stones or fallen log bridges and rocky and rooted footing
- \* are on single track trails with steeper side slopes
- \* have tracked trails but with steeper and longer slopes and curves for skiers

### **DIFFICULT**

Outings of this type will be for persons in good physical condition, experienced in hiking/skiing/snowshoeing and will consist of trips that:

- \* are more than seven miles long, on unpaved terrain and are on single track trails
- \* have hikes with vertical gain of 1,500 feet and greater
- \* have hiking obstacles that could involve steeply sloped trails, climbing over fallen trees, stream crossings on stones or fallen log bridges, rocky and rooted footing, crossing talus fields and steep or vertical side slopes

\* have steep slopes for skiers that require proficiency in balance, turning and speed control and that may not be tracked