

Attachment 4**Lambton Outdoor Club****NOTES AND SUGGESTIONS FOR HIKE PARTICIPANTS**

- All activity coordinators are volunteers. You are invited to participate in their hikes but do so at your own risk.
- Hiking is not a high risk activity, but neither is it completely risk free. All participants are expected to be self-reliant, aware of the risks that do exist and be able to estimate their own abilities.
- Be punctual. Trips are scheduled for a definite departure time and it is not fair to make everyone wait.
- Don't assume the trip will be cancelled because of the weather. LOC believes in hiking in all kinds of weather.
- Remember to pay an equal share (i.e. number of passengers, including driver, divided into cost of gas) of the transportation cost to the driver if you drive with someone.
- Remember it is "follow-the-leader" day....all day, so let the coordinator lead. Don't lag behind or stop without letting the person behind know why.
- Never lose contact with the person behind you on the trail.
- If an accident occurs, notify the coordinator at once. He/she can call a rest stop and keep the group together.
- Know the distress signals. They are simple but of distinct value, for all situations, including emergencies, and locating separated parties. Whistles are generally used. Here are the signals.
 - One Blast: Location
 - Two Blasts: All right or I'm coming to you
 - Three Blasts: Distress signal. Call for help, first aid needed, etc.
- Children under 18 **must** be accompanied by an adult. Children are the responsibility of those who brought them.
- If you want to bring a dog on a hike, you **must** obtain permission from the hike coordinator first. Stoop and scoop is the law. Dogs must be on leash and under control at all times. Check to see if dogs are allowed in the area / park in which you will be hiking.
- Hikes are listed by difficulty rating. If in doubt, call the coordinator.
- Bring your cell phone if you have one.
- If you have to leave the trail for a nature call you **must** leave your backpack, coat or something on the trail. This lets the sweep know that someone is missing.
- Do **not** leave the group without notifying the coordinator or sweep. If they think that you are missing, they will start a missing person search.

Revision Log

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