

HIKING

1. All participants must register on the signup sheet. Participants under age 18 must have the signature of a parent or guardian.
2. All participants should wear appropriate clothing and footwear.
3. To reduce risk of hypothermia participants should not wear jeans or cotton clothing on winter trips.
4. At the end of the trip no one should leave the trailhead until everyone is accounted for and all vehicles are functioning and everyone knows the way back.
5. Participants should follow trail etiquette.

ALL TRIPS

6. Leaders are expected to follow guidelines listed in the Leaders Guide.
7. Each activity Committee will define its own leader qualifications.
8. Registration must be with the leader, not a third party.
9. Outdoor activities led by a Club member but not listed in the Bulletin or other means of all member notification will not be accepted as qualifying for membership.
10. Dogs/pets or service animals are not allowed on trips.
11. Drugs, alcohol, tobacco, or firearms are not allowed on outdoor trips.
12. All participants are responsible to determine from the description of distance, altitude, terrain, trail and possible weather conditions whether they, their children and guests can fully participate.
13. The leader may refuse to take anyone not properly equipped or whose skill and conditioning do not meet length and difficulty of a specific trip.
14. Essentials must be carried (list available in the Bulletin).
15. All trips should include at least three participants for safety reasons.
16. A guest under 18 years of age must provide a signed **RELEASE FROM LIABILITY AND ASSUMPTION OF RISK** to the trip leader if he/she is not accompanied by a parent or guardian.

Compiled from following sources: By Laws, Policy doc, Leaders Guide, Bulletin and Committee Chair responses. April 2016