

# THE CASCADIANS GUIDE TO SAFE OUTINGS

The following guidelines will acquaint you with what you can expect from the leader on a trip sponsored by The Cascadians, and alert you to your responsibilities to your companions. These guidelines apply to guests as well as members. They are designed to protect you and your companions while participating in Cascadian outings. Please take them to heart.

In addition to following recommended guidelines, each participant should be mindful that there are certain inherent risks for injury or death involved in any activity including club-sponsored activities.

## APPRECIATE OUR LEADERS!

Leadership requires organizational skills, the willingness to accept responsibility, commitment and the ability to make a decision. As the group size increases, the work required of the leader increases. The leader's priority is the safety of the party – to see that party members aren't lost and are not attempting something beyond their skill level.

The Cascadians wish to encourage leadership. Assist us with developing and maintaining our leaders. Be nice to them. Respect their requests. Thank them for leading you, allowing you to experience a new area, and helping you to have a good time.

## GENERAL PARTICIPANT GUIDELINES APPROPRIATE TO ALL OUTINGS

1. Be in adequate physical condition for the outing you are attempting. Regular aerobic exercise will prepare you for a successful wilderness experience.
2. Select outings that most closely match your interest, skill and ability. If you try to do too much, you might be discouraged from taking part in future outings. If the trip requires special equipment, be sure you know how to use it. Leaders will be happy to answer your questions.
3. If you have any questions regarding a trip, you are encouraged to contact the leader.

4. Be on time to the meeting area. If you are late, the group may leave without you.

5. Be properly equipped. Be familiar with your equipment and keep it in good condition. Bring clothes that can be added in layers, according to your body temperature. Remember that cotton is not warm when wet and the weather can change abruptly in the mountains. It is also cooler at higher altitudes. If you are inadequately prepared, the leader has the right to leave you at the meeting place. The leader is concerned with your safety, as well as that of the entire group.

6. Take the 13 essentials: 1) Map; 2) Compass (please know how to use this); 3) Flashlight (and extra batteries); 4) Knife; 5) Matches (in waterproof case); 6) Fire Starter; 7) Extra Clothing; 8) Extra Food; 9) Water (in sufficient quantities); 10) First Aid Kit (include items for bee stings and allergic reactions); 11) Sun Protection; 12) Emergency Shelter (poncho); 13) Signaling Devices (whistle, mirror).

7. An explanation of the trip plan and rules of conduct will be reviewed by the leader at the meeting spot. Follow these instructions. They are based on the distance to be covered, the type of terrain involved, the skill of the participants, etc. Although the leader may be open to discussion, outings sponsored by The Cascadians are not democratic, nor subject to majority rule. Please accept the leader's decision gracefully once it has been made.

8. Generally, all participants will leave the parking lot, trailhead and destination at approximately the same time. If you get to the trailhead early, wait for the leader before you start up the trail. Stay with the group. Meet at junctions to assure all party members take the same route. If you arrive back at the cars early after the trip, wait until all participants have assembled before leaving for home. Keep the leader informed of your plans. If you say you are going to wait for the group to return, do so. Don't leave or wander off alone – if you don't come back the group won't know where to look for you. Let someone know if you step off the trail. Be concerned with the safety of other party members.

9. Leave no trace. Don't cut switchbacks when hiking, as these cause erosion.

Don't litter. Clean up other people's litter. Carry out used toilet paper, burn it or bury it. On overnight trips, maintain a clean camp.

10. Basic knowledge of first aid is encouraged.

11. Behave yourself at all times in a manner that will reflect favorably upon The Cascadians and its activities.

12. Each participant in every club-sponsored activity must understand, agree with and sign a consent form releasing the club, board members and individual members from liability.

13. Have fun!

## LEADERSHIP RESPONSIBILITY

1. A Cascadian-sponsored outing must have at least four participants.

2. Know the route or area, or have a good map and know how to read it.

3. Carry a good first aid kit and the 13 essentials.

4. For overnight trips, talk with all party members prior to the trip to clarify plans.

5. Obtain necessary permits.

6. At the meeting place, assemble the group for introductions and to sign the consent form. Establish an experienced participant to serve as assistant leader if desired. Help arrange car-pooling. See that all the participants are properly outfitted and equipped. Review the route to the trailhead.

7. At the trailhead, outline the trip route, mentioning any forks in the trail so the destination is clear to everyone. Agree where to meet for lunch, regrouping, rest breaks, etc.

8. Assure that you have less than 13 "beating hearts" in the group while hiking in wilderness areas.

9. Count noses often. Be able to account for all party members at all times.

10. Whenever possible, leave itinerary and expected time of return with a responsible

party in town so that appropriate rescue arrangements can be made if necessary.

11. Make sure all cars start. Don't leave a last car alone in the meeting place or trailhead parking lot.

12. Be concerned with the safety of the group. Set an appropriate pace.

13. Assess how spread out along the route the party can be, based on participant skill, terrain, route, etc.

## SPECIAL CONSIDERATIONS FOR LEADERS AND PARTICIPANTS

### I. BACKPACKING

1. Have or make arrangements to share necessary overnight equipment.

2. Bring one extra day's worth of food.

### II. SKIING

1. Take a ski repair kit (screwdriver, baling wire, strong waterproof tape).

2. If you have waxable skis, bring a variety of wax so you are prepared for all conditions.

3. Fill in your holes when you fall.

4. Skiers coming down the trail have the right of way.

5. Take lessons; improved skiing increases your fun.

### III. BICYCLING

1. Bicycle helmets are required on all trips.

2. Have a tire repair kit and basic tools (extra tube, pump and tire changing tools) and know how to use them.

3. Although all of the 13 essentials are not required because you are not in the backcountry, some are still imperative: extra clothes, wet weather gear, water, snack, lunch, sunscreen, sunglasses, a light if you will be out after dark, and a small first aid kit.

### IV. CLIMBING

#### A. For Leaders:

1. The climbing committee must approve leader and climb.

2. Limit the climbing party as appropriate to the route and type of climb.

3. A qualified person must lead each rope.

4. If you question the skills of any person signing up, request a demonstration of their ability.

5. Turn down any unqualified or improperly equipped person.

6. Make a pack inspection for proper equipment as appropriate.

7. Don't push any member beyond his/her ability.

8. Know the climbing code.

9. Read and be familiar with The Freedom of the Hills, Leadership.

#### B. For Participants

1. An approved helmet is required on all rock climbs, and on other climbs as designated by the leader.

2. Take special climbing equipment as designated by the leader.

3. The leader may inspect your pack.

4. Be in proper physical shape.

5. The leader will decide whether or not you may go on the trip, based on training and qualifications.

6. Cooperate with and assist in carrying out decisions of the leader.

7. Keep the leader informed of your status and plans.

8. Maintain proper position within roped party.

9. Know the climbing code.

#### C. Climbing Code

1. A climbing party of three is the minimum, unless adequate prearranged support is available. On glaciers, a minimum of two rope teams is recommended.

2. Rope up for all glacier travel and whenever else prudent. Anchor belays.

3. Keep the party together and obey the leader.

4. Never climb beyond your ability and knowledge.

5. Never let judgment be overruled by desire when choosing the route or turning back.

6. Carry at all times the clothing, food, and equipment necessary.

7. Follow the precepts of sound mountaineering as set forth in recognized textbooks such as Mountaineering: The Freedom of the Hills, published by the Mountaineers.