

Need Help Listing a Hike? [\(Input Form Here\)](#)

## Meanderthal Hike Leaders/Co-ordinators Guidelines

**Be Familiar With Participant Protocols:** [Read Participant Responsibilities and Protocols Here](#)

### **Provide an adequate description of the activity:**

Elevation gain, total distance, approximate time required, and exposure or other hazards.

### **Set Maximum number for activity:**

Suggested number of participants is 12, plus the leader, but left to the discretion of the leader. Check the park's trail descriptions and web sites for minimum and maximum group size limits. Assume maximum is 15 if you can not find it.

### **Set Minimum number for activity:**

Recommended 6, for safety reasons. If six sign up, then you will still have the absolute minimum of 4 if one or two cancel.

### **During Signup:**

In the event that the hike is over-subscribed, be ready to email [triplist@canmoreseniors.org](mailto:triplist@canmoreseniors.org) to mark the list as FULL. Reply to all people who tried to sign up.

### **At the trailhead:**

Check that all who signed up have arrived.

Assign a sweep (an experienced participant) to bring up the rear.

### **During the outing:**

Keep the group together.

Make sure there is periodic communication between the leader and the sweep.

If the group is large and breaks into two, you must assign another leader and sweep for the second group.

### **Role of the leader in case of an accident**

In the rare instance where a participant has problems or needs more time, appoint at least **TWO** hikers to accompany the individual, either back to the trailhead or to the destination, and to stay with the hiker. In the case the leader decides to be one of these individuals, appoint a leader for the rest of the group.

## **Share the cost of driving**

[Read Prescribed Gas Share For Various Destinations Here](#)