

MEANDERTHALS OUTDOOR PROTOCOL

Requirements to join Meanderthals Trips:

1. Must hold a current membership in the Canmore Seniors' Association (CSA).
2. Must sign a yearly waiver with the CSA membership application.
3. No kids and no pets.

Trip Listing and Sign-up:

Trips will be posted on the CSA website.

Most trips will be signed up by e-mail to the address shown in the listing. Check the trip "Details" for the earliest sign date and time.

Leaders will respond to all signup requests. Sign-up continues until the leader indicates that the trip is full. At that time you will be put on the leader's reserve list.

Direct any uncertainties or questions about the trip to the leaders address.

Some leaders use automatic replies. If your application is not acknowledged, check your spam and junk folders.

If later unable to use your spot, notify the leader immediately so it can be re-assigned.

Trips leave from a local parking lot that the leader designates.

Departures: Participants should be at the meeting place **10 minutes** before posted departure time to arrange carpools then leave on time. Car pooling is optional, but, if you decide to car pool, be prepared to contribute to the driver's gas costs at the rate posted on the trip detail page.

Anyone arriving after **posted departure time** may be left behind.

Safety issues: Participants must stay behind the leader, and ahead of the sweep, unless otherwise directed by the leader or sweep. If anyone decides to leave the group, he/she will take full responsibility for his/her safety. Participants are required to display a Meanderthal name tag on the exterior of their packs, with their medical information folded inside. In the rare instance where a participant has a problem requiring them to return to the parking spot, they must be accompanied by at least two other participants.

Whenever there is an avalanche danger rating of anything other than “Safe”, participants must - stay in “Simple” avalanche terrain, stay within sight of another participant at all times, and, if travelling off trail, must avoid passing into “Challenging” avalanche terrain, terrain traps and glacier travel.

Clothing/Food: Dress appropriately considering the weather. Conditions can and do change rapidly in the mountains. Rain gear and extra clothing are recommended. Adequate footwear is essential. A packed lunch and snacks and an adequate amount of water is also essential.

Etiquette: Participants are expected to follow the directions of the leader, and keep the group together. The leader has the last word on whether the trip is to continue or not. Be respectful of others in the group and be responsible for yourself in joining the appropriate level or group. It is suggested that participants put their boots in a bag when riding in others’ cars.

Leaders: should make sure again, before starting the trip, that individuals in their group do not overestimate their abilities.

Leaders: Must be familiar with the trip leader guidelines.

Leaders: are to complete the **on-line trip submission form** (New Trip button at top of Trip Listings page). When you have filled in your trip information, just press the “Submit” button and an email will automatically be sent to the Meanderthal website managers at (triplist@canmoreseniors.org) so that they can review your trip and it can be posted on the Meanderthal website. (You will get an email with a link to your trip posting as soon as it is posted.) **If you need to modify or cancel a hike, send an email to your participants and to triplist@canmoreseniors.org.** (Note - you cannot make a change by going back to the “New Trip” page!)