



HIKE INFORMATION

AND

PROCEDURES MANUAL

**Auburn Senior Activity Center
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**253-931-3016
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Senior Center Hike Program

Hike Schedule

Hikes are scheduled on three or four Fridays a month and walks are generally scheduled on a couple of Tuesdays a month. These experiences are a combination of both favorite and new destinations. At least two events per year are planned to include both hikers and walkers together. Hike and walk destinations may be changed due to trail conditions. Trips will be cancelled due to insufficient registrations.

Registration

Registration for hikes scheduled within a given two months (ie January/February), are taken beginning the first working day of the odd numbered month. This may be done in person, online or over the phone. Cancellations must occur 3 days prior to the trip for a refund.

Fees

Fees for hikes and walks are based on resident status. Fees must be paid at the time of registration.

Trail Rating System

- 1** Paved and/or smooth trail surface; no significant hills; no more than 5 miles
- 2** Some hills; exposed roots and rocks possible; may be over 5 miles
- 3** Some difficult terrain; substantial hills and/or stairs; exposed roots and rocks; elevation gain under 1200 feet; may be over 5 miles; hikers with health problems should use caution
- 4** Difficult with some steep hills; exposed roots and rocks; trail may be very irregular in spots; over 1200 feet elevation gain; may be over 5 miles; hikers with health problems should use caution.

Note: Many summer hikes are in the mountains where the starting elevation adds to the hike difficulty.



Participants Responsibilities

Hikers and walkers are responsible for knowing their personal limitations. Hike difficulty and descriptions are included in the brochure. Review the rating system and the details of the event. Please don't register for a trip beyond your capacity. If you have questions, discuss them with center staff. The center staff has the right and responsibility to remove a participant from an event.

Hikers and walkers are responsible for carrying water and food on each outing. This includes at least 64 fluid ounces of water on warmer days and 32 fluid ounces on other days, a lunch, and an accessible snack. We usually stop for ice cream or other snack on the way home so you might want to carry some cash.

Hikers and walkers are responsible for dressing appropriately. This include sturdy shoes or hiking boots. Wear layers of clothing so that you can adjust to the day and the activity. Rain gear may be needed during any trip since weather can change quickly. Cotton and denim are not recommended. Wool and synthetic outer wear are recommended attire. Day packs are recommended. No purses or sandals are acceptable on trails.

Most participants for hikes have found trekking poles useful. They are like a walking pole except they collapse and can be adjusted to your height. Poles help you get up hills, brake coming down hills taking strain from your knees, improve balance and offer upper body workouts.



Group Policies

A lead and a sweep will be assigned on each hike. Participants are to stay between the lead and sweep. Participants are not allowed to leave the trail or to stray from the group without staff permission.

Lead Hiker is responsible for:

- Knowing the trail and keeping the group oriented
- Setting the pace
- Initiating breaks
- Stopping at all trail junctions to gather the group
- Coordinating with the sweep regarding pacing and breaks
- Carrying a 2-way radio

Sweep Hiker is responsible for:

- Requesting rests
- Signaling that the group is ready to move on
- Carrying a 2- way radio
- Helping to assess the status of hikers

Center Staff is responsible for:

- Monitoring the well-being of hikers
- Handling emergency situations
- Making decisions to modify the activity
- Making decisions regarding the participation of individuals
- If for some reason a hiker needs to stop and not continue with the group, the staff member will either stay with the individual and designate another hiker as the lead, or assign another hiker to stay with the hiker who needs to stop.

All participants are to carry whistles either their own or those provided by the center.

Whistles are used as follows:

- 1 whistle means that you need the group to stop.
- 3 quick whistles mean an emergency and that the group is to gather and wait for directions from staff.

Emergency Information/Waiver Form

All hike participants must have an emergency information/waiver form on file (see misc. forms). It includes information regarding emergency contacts; insurance policy numbers; listing of medications, allergies, and medical concerns; and a hold harmless agreement.

A hike waiver must also be signed the day of the hike for that specific hike. This information is carried on all hikes.



Hike Scouting Committee

Selection of Committee

The Hike Scouting Committee is an ongoing committee. Participants may request to be considered for this committee.

Committee Responsibilities

The committee is responsible for planning the year's hiking schedule and pre-scouting the trails if required. Trails must be pre-scouted if the group has never hiked there previously. Pre-scouting confirms trails are in good condition, mileage, rating and correct driving instructions.

Reimbursement for Mileage

The committee is reimbursed for gas while driving a scouting trip.



Emergency Procedures

C.P.R. Training

All hikers are encouraged to have current C.P.R. Cards. On each hike two hikers. In addition to staff, must have current C.P.R. cards.

First Aid Training

All hikers are encouraged to have current first aid cards. On each hike, one hiker, in addition to staff, must have a current first aid card.

What to do in case of Emergency

In case of emergency, give 3 quick blows on whistle. Staff will handle the situation. In absence of staff the lead hiker is in charge. The following procedures need to be followed:

1. Assess the situation.
2. When warranted, use cellular phone in staff backpack to call for emergency help, 911. If no cell service, send a person with the phone down the trail until service is available.
3. Tell them:
 - A. Your name.
 - B. Your location (i.e. Silver Falls Trail, approx. ½ way up) Give as much specific information as you can.
 - C. The problem. Do not hang up.

For minor injuries, a first aid kit is located in the staff pack.

REMEMBER: REMAIN CALM AND WORK TOGETHER.

Additional Phone Numbers

Mt. Rainier Hike Center
Senior Center

360-569-2211
253-931-3016

