

## **CAMC Trip Participant and Trip Coordinator Responsibilities**

### Trip Participant Responsibilities

Attempt to select/sign up for trips suitable to your physical capabilities

- Trips are rated Easy, Moderate or Challenging
- Ratings are based on an experienced persons' capabilities
- Connect with Trip Coordinator if you are unsure of your fitness level and suitability for a trip

Anticipate the Trip Coordinator may connect with you to enquire about your experience if new to CAMC or unknown to Trip Coordinator

- Trip Coordinator may suggest alternate trips for you to consider if they are uncertain of your suitability for a trip; this is to ensure safety of all trip participants

Be aware that Trip Coordinators may manage reservations / payment differently

- Some Coordinators will make all bookings in advance and require payment from you to confirm a spot
- Other Coordinators will request you make your own reservations

Recommended and Mandatory Equipment

- Extra clothes, rain gear, sufficient food, adequate water, first aid kit and pertinent medications are required
- Hiking boots and poles are recommended for all hikes
- Bike helmets are required for all biking trips
- Personal Flotation Devices are required for all water activities
- Helmets are required for downhill skiing and snowboarding

Stay with the group

- Those who leave the group to explore an alternate route will be considered to have left the trip and risk personal safety

Ask questions of trip coordinators and other hikers to further your knowledge.

Car Pooling

- Arrive at meeting spot with full tank of gas in vehicle if able / willing to drive
- When car pooling, all passengers split the cost of fuel and reimburse driver at end of trip; driver does not contribute to fuel costs

National Park Pass / Kananaskis Park Pass

- If you have a National Park Pass, please bring for hikes in National Parks OR driver and passengers contribute equally to the cost of the day pass
- Ensure your vehicle is registered for use in Kananaskis if hiking in Kananaskis OR obtain before midnight on day of hike with driver and passengers contributing equally to the cost of the day pass

Be prepared to be asked by the Trip Coordinator to contribute / write trip report for posting on website.

Let Trip Coordinator know as far in advance as possible if unable to make the trip.

### Trip Coordinator Responsibilities

Respond to CAMC members requesting to participate on a trip within a reasonable time of receiving request

- Confirm if on trip or on wait list

Ensure participants are active CAMC members.

Contact participants unfamiliar to you to ensure ability to successfully complete trip.

Confirm meeting details with participants.

Provide pertinent trail information to ensure participants are prepared

- Example: multiple stream crossings, suggest bringing extra socks

Check trail conditions / closures and weather reports

- Be prepared to cancel or change activity

Request assistance from other Trip Coordinators as required.

Trip Report

- Complete report and send photos / report (in PDF format) to CAMC Webmaster for posting on website
- Trip Coordinator may delegate this to participant(s)