

Chilliwack Outdoor Club

Trip Participant's Responsibilities

Pre-Departure

- 1) Assess and determine whether you have the skills, fitness level and equipment to participate in a scheduled Chilliwack Outdoor Club (COC) activity. Refer to the trip rating system and contact the trip coordinator to help determine if the trip is suitable to your skill and fitness level. Advise the trip coordinator of any medical issues that might have to be dealt with on the trip (diabetes, allergies, anaphylactic reaction to insect bites, etc.).
- 2) Sign-up for the trip at the monthly COC meeting or contact the trip coordinator to sign-up for the event.
- 3) Ensure that you have all the required equipment and supplies for the trip and that it is in good repair.
Note: It is NOT the trip coordinator's responsibility to provide safety equipment, first-aid materials, food, water or other appropriate outdoor travel essentials for trip participants.
Note: Be sure you are prepared for the worst (including staying out overnight). Carry extra clothing, gloves, fleece, toque, rain-gear, water, high energy food, artificial light, emergency shelter, fire starter signalling device, cell phone, etc.
Note: The trip coordinator may ask you not to participate in the activity if they are of the opinion that you are not prepared for the activity (due to lack of skills, fitness, equipment, supplies, etc.)
Special Note: Your footwear must be appropriate to the demands of the activity. It also helps if footwear fits properly and is comfortable.
- 4) Learn as much as you can about the trip. Refer to maps, trail guidebooks, and speak to individuals who have done the trip before.
- 5) If you're not able to go on the trip, notify the trip coordinator as far in advance as possible.
- 6) Contact the trip coordinator the night before if weather conditions suggest that a change in plans might occur.
- 7) Ensure that you have informed a responsible individual where you are going, when you should be back, and who to contact should there appear to be a problem.

Departure Day

- 1) Ensure that you have all your equipment with you, and be on time.
- 2) Be sure that your name is on the trip participant waiver form and you have signed in.
- 3) Participate in the pre-trip information briefing. Familiarize yourself with the trip plan, hazards, rendezvous points, emergency procedures and contact numbers.
- 4) Participate in any car-pooling that might be needed and be prepared to pay the driver a fair share of the gas costs.
- 5) All club members have a responsibility to maintain the trails we use and to transport out litter. Every trail should be in better shape at the end of the club trip. Do your share. Respect flora and fauna.
- 6) Practice good camping practices (refer to the many good guide books available) particularly concerning human waste and water protection.

Note – This is a group event. Individuals not staying with the group or not adhering to the trip route may be denied access to future club activities.

.....**Be Safe & Have Fun**.....