



Leader Day Trips

Leading day trips is an easy way to stay fit, go where and when you like and meet like minded folks. The club always needs leaders so glad you are here. To help you we offer some “tripper tested” guidelines from our leaders:

- **Post your trip** on the COC Private FB page and send it out on Google Groups as an email.
- **Provide as much information** about the trip as you can so that people can assess their level of experience and time commitment. Trip posts ideally include duration, elevation gains, type of surface (traversing a snowfield, ice, exposed scrambling etc), *total* time needed (travel *and* outing), equipment needed (microspikes, snowshoes) turnaround time, fitness/challenge level, minimum and maximum numbers for the trip to be a go. You can include a website link. You may want to disclose your approach to the trip: leisurely, breaks included, time for photos, options available for fast and slower people and any other considerations.
- **Provide a clear description** of where the trip meeting place will be (there may be more than one) Is your trip good for beginners? Should people have extensive experience? You decide but communicate your expectation.
- **Canvass** the participants to see who is willing to take their vehicle. Assignment of participants to vehicles should take into account their home location(s), size of vehicle, etc. Each vehicle group should discuss how to share costs (fuel costs are generally on an hourly base rate.)
- **Participants may look to you to be responsible**, ensure everyone gets out safely, be the decision maker if things go awry and to exercise whatever experience or knowledge you can bring to the situation. Be as knowledgeable as you can when it comes to maintaining safety in the outdoors. Reiterate the need to stay together as a group, be open to changes (weather, trail conditions, fitness level etc) that may need to be dealt with and listen to your group. Think of contingency plans as responses to emergencies. Use resources and suggestions but base your decisions on the needs of the group as a whole.
- **Designate a “sweep”** (last person at the back) to ensure no one is inadvertently left behind. A strong person can bring up the rear and keep the group moving, especially if light is fading or bad weather is imminent. Gathering points or turnaround times need to be stated and understood by everyone. At the trailhead and during the outing take time to gather together, touch base and see how people are doing.
- **Assemble** the group at the trailhead and have people introduce themselves. Give a quick brief on the day ahead, set your GPS or phone to track progress.
- **Lead by example:** stay calm and assured. Stick with your trip agenda, especially when people may want to change the overall plan, but be prepared to be flexible if or when the situation changes or circumstances arise that need to be dealt with: injury, equipment failure, fitness levels not being what you hoped for, etc.
- **Post the trip photos and write up** on the COC Public FB site.