

PARTICIPANT RESPONSIBILITIES

Leaders of any outdoor activity organised by the Canmore Seniors Association (CSA) are not responsible for the individual participant's preparation for, or performance of, the activity.

Therefore, participants in any outdoor activity organised by the CSA shall:

- a) before signing up for the activity assess their ability to participate by making themselves as familiar as possible with the planned activity by consulting available resources (for example: route/activity description on the CSA web page; contacting the leader or other CSA members; reviewing any applicable maps; searching the web; reading guide books);
- b) sign-up to participate only in activities that are at a level that matches their abilities;
- c) cancel their participation in the activity if, on the day of the activity, a physical or medical condition renders them incapable of completing the activity or if he/she is concerned about participating in the activity considering the forecast conditions (for example: weather, avalanche);
- d) make themselves aware of the weather conditions that are forecast for the day and location of the activity (for example: from weather forecasts on radio, television or the internet);
- e) dress and plan appropriately for the forecast weather conditions recognizing that weather and surface conditions can change rapidly in the mountains (for example: clothing for rain/wind/cold weather, extra dry socks, gloves and appropriate footwear);
- f) bring adequate food and water for the anticipated weather conditions, exertion and duration of the activity;
- g) advise the leader, or another participant, of any medical condition that may exhibit itself during the activity (for example: diabetes, allergies, asthma, epilepsy, heart problems, vertigo) and bring any appropriate medication or medical equipment to treat their medical condition;
- h) stay behind the leader, and ahead of the sweep. Unless permitted by the leader, any participant who goes ahead of the leader or behind the sweep will be considered to have left the group and will be expected to look after him/herself ;
- i) follow the directions of the leader, and keep the group together. Groups may split up after discussion with and agreement from the leader. The leader has the last word on whether the activity is to continue or not. Be respectful of others in the group;
- j) ensure that he/she has the proper working equipment required to complete the activity and that it is in good repair (for example: hiking poles, snow shoes, cross country skis or waxing kits);
- k) before the day of the activity, become familiar with, and know how to use, any equipment or they may require to complete the activity.