

MEANDERTHALS OUTDOOR PROTOCOL

Requirements to join Meanderthals Trips:

1. Must hold a current membership in the Canmore Seniors' Association (CSA).
2. Must sign a yearly waiver with the CSA membership application.
3. Must be prepared to volunteer to car pool and/or contribute towards gas expenses, at the suggested rate.
4. No kids and no pets.

Trip Listing and Sign-up: ** = Must Read Revisions

Trips will be posted on the CSA website.

Most trips can be signed up by e-mail to the address shown in the listing.

This can be done the Wednesday before the week of the trip beginning at 8pm.

*** (ie for next Monday to Sunday ONLY)*

Early sign-up may be accepted at the leader's discretion only if the applicant will have no access to email at the correct time. Will not be accepted if away but have access to cell or wifi.

Sign-up continues until the leader indicates that the trip is full. At that time you will be put on the leader's reserve list.

** Direct any uncertainties or questions about the trip to the sign-up address.

** Some leaders use automatic replies. If your application is not acknowledged, check your spam and junk folders.

** If later unable to use your spot, notify the leader immediately so it can be re-assigned.

** All trips leave from behind Save-On by the CP Rail fence along the gravelled road, unless the leader designates another location to meet.

** Participants should be at the meeting place **at least 10 minutes** before posted departure time to arrange car pools then leave on time.

** To confirm renewal of waiver, participants must show their CSA membership card with a **current sticker** before they can depart with the group.

** Anyone arriving after **posted departure time** may be left behind.

HIKE Groups and Ratings:

A: For the fast hiker who likes to reach their destination quickly. These hikes are usually longer (10-30 km.), with a greater elevation gain (1000m being typical).

A+: An A hike that is extra-long or has extra elevation gain, and may contain some exposure or other challenges.

A hike at a B pace: Usually similar elevation gain and distance as an A hike, just a little slower.

B: For the hiker who prefers a little slower pace in order to spend more time on, for example, photography, or flower identification. Distance 10-20 km, elevation gain of 750m is typical.

B hike at a C pace: Same elevation gain and distance as a B hike, just a little slower.

C: For the hiker who prefers shorter distances (10-15 km), at a slower pace than the B group, but still able to climb a moderate elevation gain (300-400m).

D: For the hiker who prefers a slower easier pace than a C hike, but wants a full day hike.

Rating Other Activities eg Bike, XC, Snowshoe:

Activity appropriate measures will be used to indicate Technical and Fitness level of trip. Notes should expand outline rating.

Special Trips: Emphasis on special interests such as flowers, photography, bird-watching, painting, hiking/biking combined, a more difficult scramble, or a meander-doggie hike. These trips are not offered on a regular basis, and objectives have to be clearly identified.

Departures: All trips leave from behind Save-On by the CP Rail fence along the gravelled road, unless the leader designates another location. Participants should be at the meeting place **at least 10 minutes** before departure time, so as to arrange car pools.

Safety issues: Participants must stay behind the leader, and ahead of the sweep. If anyone decides to go ahead of the leader, he/she will take full responsibility for his/her safety.

Clothing/Food: Dress appropriately considering the weather. Conditions can and do change rapidly in the mountains. Rain gear and extra clothing are recommended. Adequate footwear is essential. A packed lunch and snacks and an adequate amount of water is also essential.

Etiquette: Participants are expected to follow the directions of the leader, and keep the group together. The leader has the last word on whether the trip is to continue or not. Be respectful of others in the group and be responsible for yourself in joining the appropriate level or group. It is suggested that participants put their boots in a bag when riding in others' cars.

Leaders should make sure again, before starting the trip, that individuals in their group do not over-estimate their abilities.

Leaders: Must be familiar with the trip leader guidelines. Leaders are to complete the information on the upper section of the sign-up sheet and send that information to the Meanderthal website managers at (triplist@canmoreseniors.org) so that it can be posted on the Meanderthal website. There is a **Triplist Entry Standard Template** at

http://canmoreseniors.org/_download/listingformat.pdf

This should be sent in at least 2 weeks before the trip posted date. The leader will then check off the participants as they arrive for the trip. After the trip, leaders are to place completed sheets in the envelope provided in the lobby of the Seniors Centre (daycare door).