

## 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. If car pooling, must be prepared to volunteer to drive and/or contribute towards gas expenses, at the suggested rate.
4. No kids and no pets.

### Trip Listing and Sign-up:

Trips will be posted on the CSA website.

Most trips will 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.*)

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 same 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.

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, unless otherwise directed by the leader. If anyone decides to leave the group, 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 **on-line trip submission form** (New Trip button at top of Trip Listings page). When you have filled in your trip information, just press the "Submit" button and an email will automatically be sent to the Meanderthal website managers at ([triplist@canmoreseniors.org](mailto:triplist@canmoreseniors.org)) so that they can review your trip and it can be posted on the Meanderthal website. (You will get an email with a link to your trip posting as soon as it is posted.) **If you need to modify or cancel a hike, send an email to [triplist@canmoreseniors.org](mailto:triplist@canmoreseniors.org) any time before 07:30 am on the morning of the hike, so the listing can be updated. Remember to include "URGENT \_ UPDATE" in the Subject line. (Note - you can not make a change by going back to the "New Trip" page!)**