



HIKING

Prior to the activity or game, the Program Leader is to assess the skills of the participants relating to the activity or game. Where a participant does not demonstrate a safe knowledge of the skills, the Program Leader must demonstrate proper execution of the skills or choose a different activity or game.

EQUIPMENT

- A fully stocked first aid kit is readily accessible.
- A working communication device (e.g. cell phone) is available for all activities/locations.
- Determine that all equipment is safe for use.

DEPENDING ON THE LENGTH, DURATION AND LOCATION OF THE HIKE:

- All necessary equipment is to be collected and checked out before the excursion (e.g. compass).
- Any necessary medication is brought along.
- There is an adequate supply of nutritious food which does not require preparation or refrigeration.
- There is an adequate supply of safe water.
- Waterproof matches and/or matches in a waterproof container.

CLOTHING/FOOTWEAR

CLOTHING AND FOOTWEAR APPROPRIATE TO ACTIVITIES AND ENVIRONMENTAL CONDITIONS ARE TO BE WORN:

- Clothing in layers suitable for the season.
- Comfortable and durable running shoes or boots.
- Running shoes with higher heels, wheels, rubber, plastic, metal cleats, open toes, or open heels are not appropriate.
- Hanging jewelry is not permitted.
- Rain gear when appropriate.

FACILITIES

- Determine that all facilities are safe for use.
- Prior to initial use of the route, the Program Leader is to do a walk through to verify safety and suitability.
- The route, identified hazards and how to minimize these hazards are communicated to participants prior to the start of the activity.
- A map of the route is to be taken on the excursion and a copy left with a Supervisor.
- Only designated trails are to be used.



▶ SPECIAL RULES/INSTRUCTIONS

- Participants with medical conditions and/or physical limitations have been identified with appropriate accommodations being implemented for their safe participation.
- An emergency action plan is ready for implementation in case of an accident or injury.
- Prior to the activity participants have been informed of:
 - Possible risks associated with the activity,
 - Ways of managing the risks,
 - Established rules and procedures for safe participation.
- A pre-activity warm up and a post-activity cool down are included with the activity.
- Adequate liquid replacement is accessible for the participants.
- If more than one activity is going on, determine that there is a safe distance between the activities.
- Parents/guardians are aware of any off-site activity and the means of transportation used.

OUTDOOR ACTIVITY | WEATHER CONDITIONS:

- Know the emergency response to severe weather conditions (e.g. lightning, tornadoes) and provide appropriate instruction to the participants.
- Before activity take into consideration:
 - The temperature of the day,
 - The length of time participants will be vigorously active.
- Participants are to be made aware of ways to protect themselves from:
 - UV rays (e.g. hats, sunglasses, sunscreen),
- Insects (e.g. mosquitoes repellent).

SPECIFIC HIKING SAFETY CRITERIA:

- If using an activity leader other than staff Program Leader to conduct the hike, present this activity page to him/her prior to the start of the activity.
- The Program Leader is to meet the minimum requirements listed on this page.
- The risks involved with the activities are to be communicated to parents/guardians with a signed response form from the parents/guardians, giving permission for the participant to participate.
- Where the activity takes participants off site, parents/guardians are to be made aware of means of transportation used.
- The completed medical forms for each participating participant are to be accessible.
- The length and difficulty of the excursion must be commensurate with age and ability of the participants.
- The participants are to be made familiar with the route prior to departure.
- The participants are to be made aware of expectations as they relate to:
 - Behaviour,
 - Emergency procedures, and
 - Signals to assemble.
- Do not travel in darkness (except during emergencies).
- Use a buddy system to keep track of participants.



- The Program Leader is to be aware of the weather conditions for the day.
- Postpone the excursion if there is any indication of threatening weather that could put participants' safety at risk.
- Carry any necessary medication for designated participants.

▶ SUPERVISION

ON-SITE SUPERVISION IS REQUIRED

- The Program Leader circulates throughout the activity site and is always in visual contact of the participants.
- The Program Leader meets the criteria for effective on-site supervision (refer to the Resource Materials Section: Appendix B – Supervision).

RATIO OF SUPERVISOR TO PARTICIPANTS:

- Ages 5 – 8 = 1:6
- Ages 9 – 10 = 1:8
- Ages 11 – 12 = 1:10

DEPENDING ON THE LENGTH, DURATION AND LOCATION OF THE HIKE:

- A vehicle for emergency purposes is to be accessible.
- The Program Leader in charge of the excursion designates a responsible adult (e.g. parent/guardian or volunteer) to transport and accompany an injured participant to the hospital. This is not to be the Program Leader in charge of the excursion.
- The Program Leader in charge of the excursion is to assign a leader to the front and back of the group.
- The front and back of the group are to be within whistle contact of the Program Leader(s) at all times.