

## Tips for Trip Leaders

- Include a verbal description of the trip difficulty in the trip description for those not intimately familiar with the coding system. Make sure all participants understand the planned difficulty of the trip. When they call to sign up, go over the difficulty and ask questions to determine their ability to perform the trip.
- Go on the scheduled/published trip. Each trip should be scheduled with a definite area, difficulty and leader. The trip should not be changed unless all participants actively agree to the change. A passive OK is a sure sign that the person does NOT want the change, but won't say so. New or weaker participants can be burned out in one trip by changes. Remember, all of us were new or weaker participants when we started out. Many people wait for trips that they are interested in and capable of doing. Do not rob them of that trip by changing it.
- The distance covered, speed of travel, and frequency of rest breaks should always be set to meet the capability and needs of the slowest, weakest participant. The leader must always be alert and watchful of the performance of each participant. Early detection of problems or of being tired will prevent more serious problems later. If possible, select a participant you are familiar with to lead the party along the trail and another to bring up the rear. The leader then is free to roam from front to rear and observe all participants. Try to keep slow participants toward the front or middle, and perhaps ask an experienced participant to watch after them. Stop every twenty minutes so everyone can catch up.
- Don't break up the trip into two groups. An exception may be for a very large group of more than 15. Even then, both groups MUST have a qualified leader. Meeting points or times should be established for the groups to rejoin.
- Car travel: set definite meeting points that are known to at least one person in each car. If the trailhead is not easy to find or is a long distance away, set intermediate meeting places. Potty breaks can be good places to meet. Make sure everyone gets to the trailhead without getting lost and wasting time.