



Hike Ontario

Youth Hike Leader

Why does this course exist?

Leadership – Hike Ontario recognizes the need for competent outdoor leaders who have the knowledge and understanding of group interactions and how best to lead people.

Risk Management – The safety of every hiker “out there” is important in and of itself, and to keep hiking popular and growing. Also insurance and risk management issues are becoming larger every day. This course provides a proactive means for groups and individuals to protect themselves

Social – A skilled Hike Leader can enhance the hiking experience for the entire group and create a social as well as physical outing.

Physical – Hike Leaders are people who can lead others in an activity that is physically good for them, and in which they might not be comfortable participating alone.

Environmental – Hiking is a great opportunity find out, learn about and appreciate the environment. Hike Leaders need to be well informed and create teaching opportunities for a better understanding and appreciation of our natural resources, and how we can protect them.

Course Timetable

– 09:30 – 10:00	Registration
– 10:00 – 10:30	Introduction
– 10:30 – 11:15	Ideal Hike
– 11:15 – 12:00	Hike Planning
– 12:00 – 12:45	Lunch
– 12:45 – 1:15	Leadership
– 1:15 – 2:00	Risk Management
– 2:00 – 2:15	Break
– 2:15 – 2:30	Trail Guides and Maps
– 2:30 – 3:15	Outdoor Techniques
– 3:15 – 3:30	Environmental Appreciation
– 3:30 – 4:00	Winter Hiking, Night Hiking, and Snow Shoeing
– 4:00 – 4:15	Evaluations and Wrap-up

Youth Hike Leader Manual



Hike Leader Manual

Youth Course

Principles of Hike Leading

- It is all about Risk Management
- The who, what, where, when and why of planning and conducting a hike.

- ***Who***
- Who are my hikers?
- Health Forms / Information Forms / Waivers
- Special Interests Of The Group
- Number Of Hikers

- ***What***
- A basic list of items that every hiker should carry.

- ***Where***
- Choosing a Location
- Pre-hiking the Trail
- Maps, Guides
- Technical Details of the Trail
- Washrooms, Lunch Spot, Refreshment Stop After Hike
- Parking
- Car Shuttles
The key to an effective shuttle is to plan ahead and to be adaptable.
- Emergency Information

- ***When***
- Time of day, time of year
- Note special interests of the group (e.g. birding)

- ***Why***
- Make it clear why you are going on the hike (leisure strolling, endurance, other interests).

Leadership

- *What Makes a Good Hike Leader:*
- *Important Checks for a Hike Leader*
- *Ensure Hike Matches Description*
- *Have A Designated Lead And Sweep*
- *Monitoring the Group*
- *Appropriate Pace*

Risk Management

Proactive Risk Management: The steps taken by the leader to increase safety and minimize risk **BEFORE** an incident occurs.

Reactive Risk Management: The steps taken by the leader to increase safety and minimize risk **AFTER** an incident occurs.

Insurance

- Waivers of Liability and Assumption of Risk
- Accidents
- Incident Reporting

Waiver of Liability and Assumption of Risk

I acknowledge that this activity of the _____ Trail Association, in which I am participating, involves risks that are beyond the control of the Association. Notwithstanding the acknowledgement of such risks, I hereby release the _____ Trail Association, its contractors, employees, volunteers, agents, assigns and executors from all claims for damage however so arising as a result of my participation in this or any other activity organized by the Association. I agree to pay the costs of any emergency evacuation of my person or belongings that may be necessary. I affirm that I am aware of the nature of this activity, its distance, duration and degree of difficulty and that I am properly equipped and physically able to participate. I have no medical or other condition that might preclude my participation. I agree to follow the directions of the leader.

Event: _____ Hike Leader: _____

Trail: _____ Date: _____

#	Print name	Signature	Vehicle No.	Telephone
1				
2				
3				
4				
5				
6				
7				
8				
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10				
11				
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Incident Reporting Form

Date:	Time:	Event Name
Report Writer First Name:	Last Name:	
Phone #:	Email:	
Name of Person Involved in Incident:		
Address:		
Telephone:	Email:	
Approximate Age:	If Child, Parents Name	
Event/Location:	Weather:	
Describe the incident (injury, lost person, dispute etc.):		
Describe any injuries:		
Describe any actions taken: (Applied First Aid, Ambulance or Police called)		
Evaluation: What did you learn?		
What would you differently next time?		
What would you recommend to prevent future Incident?		

Clothing

- Parts of a Clothing System
- Layering

Outdoor Survival

- A list of items that EVERY Hike Leader should be carrying at all times and know how to use
- The five elements of survival:
 - Attitude
 - Shelter
 - Water
 - Fire
 - Food
- Signaling
- Radios
- Cell Phones

Environmental Ethics

- Pack it in, pack it out
- No souvenirs
- Washroom needs

Other Subjects

- Winter Hiking
- Night Hiking
- Snowshoes