



## **HIKING RULES & REGULATIONS**

### **LEADERS:**

- 1) On all hikes leaders are to appoint someone to act as “sweeper” to stay with the people at the back.
- 2) No hike is to be undertaken with less than 4 (four) people participating.
- 3) Should the group split for any reason, e.g. a hiker turning back, a minimum of 3 (three) hikers must accompany the returning hiker (which must include an experienced hiker), failing which the entire group must turn back. Depending on other relevant factors the leader may, in any case, decide that the whole group should turn back.
- 4) Leaders are to use their discretion as to who should be allowed on a hike, taking into consideration the intensity of the hike and the fitness level required.
- 5) Before the hike commences the leader is to give a brief talk on the route, the rules and what is expected of the participants.
- 6) Leaders must check the backpacks of new hikers before the hike commences to ensure that all necessary equipment has been included and no superfluous stuff is being carried. (On joining the club new members are issued with backpacking guidelines as part of the package of information).
- 7) Hikers are responsible for their own health and safety and are encouraged to bring along their own First Aid Kit.

### **CONDITIONS OF HIKING:**

- 1) The instructions of the leaders will be followed at all times. Do not go ahead of the leader and do not leave the main party.
- 2) Before the hike commences the leader must be informed of any medical problem/condition, hikers’ next-of-kin/family member contact details and, where applicable, Medical Aid contact details.
- 3) Flora, fauna, and any and all National Heritage may not be damaged or interfered with in any way.
- 4) No littering. All litter to be packed out and trowels to be used for burying “human waste” when over-nighting in caves or tents.

### **WHILE ON A HIKE:**

- 1) Obey the leader at all times.
- 2) Abide by the rules of the club.
- 3) Be honest about your health conditions and your level of fitness.
- 4) Develop your fitness and prepare yourself for strenuous hikes or trails.
- 5) You are requested to reduce voice levels and respect your fellow hikers who wish to enjoy the sounds of nature and who are particularly observing birds and wildlife.

### **FITNESS NOTE:**

Members wishing to participate in multi-day trails must have recently been on at least five day hikes and two backpacking hikes. Qualifying hikes will be marked as such on future fixture lists.