

AMC BERKSHIRE CHAPTER
TUESDAY HIKING GUIDELINES
REVISED 2013

PARTICIPANTS - Participants do not need to be a member of the Appalachian Mountain Club. All participants must sign the release form. By doing so they acknowledge that they are fully responsible for everything they do during the outing. They also acknowledge that they want to be a part of a safety first group outing.

MINORS - A minor child may be brought on a Tuesday Hiking event if accompanied by a parent or by a legal guardian. The adult will sign in on the release form for both himself (or herself) and for the child (or children). An adult may bring a minor friend of his child (children) if the other child arrives with an AMC release form signed and dated by the child's parent(s).

EXCLUSIONS - Participants may be excluded due to inadequate qualifications or experience, insufficient skill, inadequate equipment, capacity limitations, previously demonstrated personal incompatibility, unsafe actions, refusal to share community work, or inappropriate behavior.

DOGS – Dogs, other than service dogs, are not welcome on Tuesday Hikes.

CELL PHONES - Cell phones may be used only during an actual emergency.

RELEASE FORM - The release form should be thoroughly read and understood by all persons at the outing. It may be signed legibly in either pen or pencil (such as during freezing temperatures).

LEADER and CO-LEADER - Both the leader and the co-leader, as announced in advance of a hike, must be a member of the AMC who has been approved by the AMC. In recent years, he or she will have taken the prescribed AMC Outdoor Leadership Training course. The leader has also co-led three hikes with an approved leader; a co-leader is in the process of co-leading three hikes. People who became leaders before the AMC leader rules were in effect have remained leaders. At the start of a hike, the approved leader may appoint any other person to co-lead the hike. This person may not be announced in advance of the hike.

CLOTHING AND GEAR - Participants should wear appropriate clothing that will protect them under adverse conditions of heat, rain, wind, cold and snow. The clothing should be able to guard against hypothermia or hyperthermia. The boots and footgear should give the best traction for trail conditions that can include steep terrain and slick surfaces.

FOOD AND DRINK - Participants should bring and consume food and beverages suitable to sustain a comfortable level of energy for the outing. The drinking of at least one quart of water for every 4 miles is recommended during summer conditions.

WELCOMING CIRCLE - The welcoming circle is where the participants learn each other's name and the number of hikers that plans to stay together. The leader will state that every individual is responsible for his or her own actions, responsible for wearing the appropriate clothing and footwear and will be an equal part of a group rescue effort throughout the duration of any emergency. The leader will give a brief overview of the hike and the terrain, will indicate that the group will stop at all trail junctions and will indicate the bathroom break procedure. The leader will ask the participants to tell him (or her) privately of any medical issues that the leader should be aware of.

CARPOOL COST - Persons riding in another person's car to carpool to and from the trailhead should offer the driver compensation towards the cost of the gasoline. The suggested amount is at least \$1 for every half hour in the car.

MEETING TIME - The announced time is when the leader usually has gotten everyone signed up on the release form and is gathering everyone into the welcoming circle. Plan to arrive at the meeting place 10 to 15 minutes prior to the announced time.

RATING SYSTEM - Hikes are rated by the leader according to the three criteria (distance, pace, terrain) used by the AMC Berkshire Chapter.

First part - distance

AA = over 13 miles

A = 9 to 13 miles

B = 5 to 8 miles

C = under 5 miles

Second part - pace to be set by the leader

1 = very fast (2.5 miles per hour or faster)

2 = fast (2 to 2.5 miles per hour)

3 = moderate (1.5 to 2 miles per hour)

4 = leisurely (less than 1.5 miles per hour)

Third part - kind of terrain to be traversed

A = very strenuous

B = strenuous

C = average

D = easy

A typical Tuesday Hiking event is a B3BC event (5 to 8 miles, moderate pace, a combination of average and strenuous terrain)

EMAIL COMMUNICATION – AMC Tuesday hike communication will be limited to information regarding Tuesday hikes or AMC Programs. No email addresses will be given out. We will not distribute personal messages, solicitations, invitations to other events, photos, or other extraneous information.

These guidelines are based on information found in several AMC publications:

AMC Outdoor Leader Handbook - April 2013 - 10th edition*

AMC Leadership Requirements and Guidelines - March 15, 2010*

Berkshire Chapter Outings Leader Qualification Guidelines - February 8, 2009

Trailhead Talk - Berkshire website

*with updates on the AMC Volunteer Resources webpage