SJOC ACTIVITY GUIDELINES

ACTIVITY DIFFICULTY RATINGS—hiking, biking, snowshoeing, etc.

EASY—Flat to rolling terrain; minimal elevation gain/loss; duration of activity 2 to 3 hours, mostly on trails or roads, slower pace.

MODERATE—Elevation gains of 800 to 2000 feet; 3 to 5 hours duration; trails and bushwhacking, faster pace, higher elevations.

DIFFICULT—Several thousand feet of elevation gain; higher elevation destinations, steeper terrain, greater distance; probably bushwhacking and route finding, fast pace; 4 or more hours in duration.

RULES FOR ACTIVITIES:

1. HIKERS MUST BE A MEMBER OF THE SAN JUAN OUTDOOR CLUB. Invited guests of members may join a hike if the Activity Leader approves and if the club member takes SOLE responsibility for the visitor.

2. ALL HIKERS ARE RESPONSIBLE FOR THEIR OWN WELFARE AND SAFETY.

3. SEARCH AND RESCUE CARDS. All hikers must carry on their person a current Colorado Search and Rescue Card. Cards are available at the Ranger Station or Ski & Bow store. This card is part of your Colorado hunting or fishing license if you own one.

4. EVALUATE YOUR OWN CONDITION. Join the group that matches your speed and endurance. Hikers are responsible for their own First Aid and/or possible health concerns. Be aware that most activities the SJOC conducts involve exercise at high elevation – ranging from 8000 feet to 12,000 feet. Be sure, if you have not been active at these elevations, to check with your doctor so you do not place yourself or others at risk.

5. BRING APPROPRIATE GEAR. You should be prepared for all conditions. It can be HOT, COLD, RAINY, WINDY and SNOWY in the mountains, sometimes all in the same trip; some trails are rough. Bring your own personal items such as water, food, proper foot wear, a day pack, first aid kit, walkie-talkie, map, rain gear, hiking poles, whistle, toilet paper and disposal bags.

6. ARRIVE AT MEETING PLACE 15 MINUTES BEFORE ESTABLISHED DEPARTURE TIME to allow time for announcements, organization of groups, and finding rides to trailheads.
7. **SIGN WAIVER SHEET.** Each hiker must sign the waiver which makes hikers responsible for their own welfare.

8. **RIDE TO AND FROM TRAILHEAD IN SAME VEHICLE.** Drivers and passengers have equal responsibility to return together. When driving to or from the trailhead, there should be a walkie-talkie turned on in each vehicle.

9. **STAY TOGETHER ON TRAIL.** Hikes are planned as group hikes, and hikers are expected to stay with the group for their own safety as well as that of the group. Leaders and hikers share a responsibility of maintaining group contact so that if any hiker has a problem or goes astray, others will know immediately. Hikers must inform another hiker if they leave the trail for any reason. Any hiker who stops short of the group’s endpoint or who returns to the trailhead must be accompanied by another hiker and must inform the hike leader. If someone does not stay with the group, it can put all hikers at risk.

10. **BE COURTEOUS.** Group hikes demand that all hikers be considerate of their fellow hikers and of any wildlife. Please notice if there is a hiker behind you who wishes to walk at a faster pace. Let them pass. **Hiking in a group also requires that people have an opportunity to enjoy the peace and quiet of the outdoors.** Moderate the level of your voice and the length of your conversations with your fellow hikers.

11. **The SJOC practices “low impact” activities.** Leave no trace of where we’ve been. Carry out all trash, including toilet paper.

12. **The Activity Leader has complete discretion to change plans** so as to minimize the risks to participants.

13. **The Activity Leader has ultimate discretion to deny participation** to any member who does not appear to be physically capable of the activity or who is not properly equipped for the activity. Hikers who have not hiked with the group previously must satisfy the hike leader that they understand and can meet the demands of a given hike.

14. **DOGS are not allowed on hikes without permission of the trip leader in advance; dogs must be kept on a leash at all times.**