

## Roles and Responsibilities of the Hiker

### **The hiker has the following general responsibilities**

- Is personally responsible for carrying all the equipment as set below
- Follows the instructions given by the leader or Tail End Charlie.
- Before commencing asks for guidance from the leader if he/she has any doubts about their ability to complete the walk.
- Sticks to the track unless otherwise directed by leader or TEC
- If he/she leaves track for e.g. comfort stop another hiker is advised and/or pack or piece of equipment left on track for identification
- Carries a first aid kit with contents as set out below
- Carries a Health Card as set out below

### **If you become separated from the group**

- Stop as soon as you realise that you have become separated from the main party.
- Back track, if possible to the last position that you saw other members marking your route as you go. Look for signs of others. Blow whistle.
- If no signs of others
  - Find shelter [leave ample signs if you leave the track]
  - Stay put and stay calm
  - Conserve food
  - Keep warm

### **Equipment carried by each Hiker [Personal responsibility]**

Listed below are the items of clothing and equipment which must be carried or worn by each person on a Club hike.

- Daypack
- Shorts
- Sturdy boots
- Socks
- Waterproof Parka and Over trousers
- Wool, polar fleece or polypropylene
  - Hat or balaclava, mittens or gloves, bush shirt, jersey or fleece jacket, singlet, T Shirt or vest, long johns or trousers
- A nourishing lunch
- Hot or cold drink
- Whistle
- Toilet paper in plastic bag
- Sunhat
- Sunglasses or snow glasses [UV protecting]
- First aid kit

## **Suggested First Aid Kit Contents**

- 1 Elastoplast dressing
- 6 100 mm non stick dressing squares
- 6 Safety pins [assorted sizes]
- 100 mm crepe bandage
- Survival Blanket
- Tweezers
- Scissors
- 6 Band-Aids
- Insect repellent
- 12 Paracetamol tablets
- Roll of sticking plaster
- Personal medication
- Sunburn Cream /Lotion
- Antihistamine tablets for stings
- Notebook and pencil [not ball point]
- Copy of FMC's booklet "Safety in the Mountains"

### **Health Card**

Each hiker will carry the Clubs Health card containing the following details. The card will be carried in the First Aid Kit container.

- Your Name & Address
- Your Doctors name and phone number
- The name and phone contact details of next of kin or other contact
- Any medical condition/and or medication you are taking

## **As a member of the party you may be asked to perform one of the following roles**

### **Tail End Charlie**

- Remains at the tail of the group
- Maintains communication with Leader

### **Radio Operator**

- Confirms their ability to operate the radio
- Regularly listens in to communications
- Advises leader of any items of importance

### **Driver**

- Operates the vehicle within current traffic laws
- Ensures that they return from the trip with the same number of passengers as they took, unless alternative arrangements are made and the leader is advised. On bus trips this responsibility exercised by the organiser.

## **Roles and Responsibilities of the Leader**

### **The leader has the following general responsibilities**

- Checks weather before trip
- Has knowledge of walk either through previous experience or map
- Ensures [in general terms] that individual hikers are walking within their personal capabilities.
- May delegate actual lead to others with clear instructions e.g. "wait at the top"
- Selects and instructs Tail End Charlie and other [where more than two radios]
- Assumes control in an emergency
- Keeps in contact [verbally or via radio with TEC and others]
- Ensures number of hikers counted In and Out [note driver responsibilities]
- Compass and map [Desirable]
- Has responsibility for the radios

### **Leader's action if Party Member has become separated**

The following general procedure should be used when it is known that a person[s] has become separated from the group.

- Main party Stops – All think – Listen
- Brief search - two persons return back along the track.
- Depending on experience and number missing allow an appropriate time to elapse before taking further action.
- If cell phone coverage ring police with details, alternatively send at least two persons to walk out and ring police

### **Leader's action if MEDICAL Emergency arises**

- Stop and think! – Consider safety factors for patient and party
- Check for medical /first aid skills in the party
- Render First aid
- Only if necessary move patient to safer ground
- Treat all seriously ill or injured patients as if they have hypothermia and protect from the cold.
- If cell phone coverage ring, alternatively send at least two persons to walk out and obtain assistance