

## RESPONSIBILITIES OF KMC TRIP PARTICIPANTS

1. Phone or email the coordinator several days in advance of the trip to determine whether or not this is an appropriate trip for you and whether there is space still available on the trip. Use the trip rating system and talk to the trip coordinator about the exact expectations of participants on the trip in terms of fitness, technical ability and required equipment and ensure that you have sufficient skill, fitness and equipment to safely complete the trip. Do NOT sign up for trips that are too difficult either technically or physically for your current level of ability. The trip coordinator makes the final decision regarding who participates in any given trip.
2. Make sure you have all the basic equipment you might need on the trip (e.g. extra clothing, rain gear, food and water, first aid kit, headlamp, map and compass, etc.); including any specialized equipment needed for the trip (i.e. ice-axe, avalanche gear, etc.). Have sufficient equipment to survive a night out in the backcountry in the worst case scenario.
3. Let a family member or friend know where you are going and when you will be back.
4. Be on time to the meeting place.
5. If you accept a ride from someone, pay your share in gas and wear and tear.
6. During the trip participate in decision making and good group management practices along with the coordinator. This means not racing off in front of the group nor lagging far behind. Along the trail, regroup frequently and keep other members of the party in sight at all times.
7. If you are experiencing difficulty (either physical or technical), or you see someone else in difficulty, inform the trip coordinator and make a decision together (as a group) about the best option. Don't struggle on into terrain you are uncomfortable with or use all your energy on the way up leaving none for the return trip.
8. Practice low impact mountain travel. Respect wildlife. Leave pets at home.
9. If you get separated from the group and think you are lost, stop immediately. Don't panic. Try to determine where you might have got off track. Mark the spot where you are and make short sorties in different directions to try to find the trail. Don't leave your pack behind. If your efforts to find the trail fail, stay where you are and prepare to spend the night. Use a whistle to attract the attention of the others in your group.
10. After the trip, return borrowed equipment promptly.

### **In Case Of An Accident:**

1. Appoint a leader to manage the accident scene. This will not necessarily be the trip coordinator but should be the person best suited to manage the particular accident.
2. Develop a plan of action. Make sure everyone understands and agrees with the plan. The safety of remaining members of the party should be paramount.
3. If you have any special skills (such as first aid training) don't hesitate to let the leader know.
4. If outside help is required send out two or three people to notify emergency services. Make sure the people going for help have written down the exact location (use GR or GPS coordinates) of the accident site, the exact number of injured people and the extent of the injuries, as well as exactly what type of help is required.
5. Members of the party remaining behind at the accident site should prepare adequate shelter to spend the night out.
6. Emergency event guidelines are available on the KMC website at [http://www.kootenaymountaineering.bc.ca/forms/emergency\\_card.pdf](http://www.kootenaymountaineering.bc.ca/forms/emergency_card.pdf).