

ACC OTTAWA SECTION TRIP PARTICIPANT GUIDELINES

V1.4, 4 Nov 02

Notice to All Participants:

- The activities of the Ottawa section of the ACC are conducted by amateur trip leaders unless otherwise stated. Trip leaders are not qualified Mountain Guides and may not have formal leadership training. If you don't know your trip leader's background and experience, please feel free to make inquiries before the trip. Trip leaders will ask about your background and experience before agreeing to your participation in the trip.
- Non-members may attend one or two trips prior to joining the club to determine if it suits their interests. Otherwise, all participants must be current ACC members.
- *All participants must sign the ACC [waiver](#) prior to participating in a trip.*
- A participant who does not know the requirements and demands of an event should ask the coordinator in advance.
- You are expected to have the knowledge, equipment, skills and fitness for the activity.
- For hiking, skiing or snowshoeing day trips, it is prudent to routinely take at least the minimum gear necessary to spend the night in the bush. This includes adequate clothing (insulation and weather layers), headlamp, water, extra food, personal micro first aid kit, sun protection, lighter/matches, whistle, map and compass. Climbers should take similar precautions when hiking far to a climb or when climbing a multi-pitch route where they could get benighted.
- Prior to the trip, advise the trip coordinator of any medical condition which might impact your safe completion of the trip and any emergency medication you carry.
- Be familiar with the club [Emergency Response Protocol](#). Carry a copy in your pack with your personal micro first aid kit. A Wilderness First Aid course is advisable.
- Treat fellow participants with respect. Avoid offensive language or behaviour.
- Respect the land you are traveling through, public or private. Minimize the impact of your activity. Leave the environment cleaner than you found it. Do not harass wildlife.
- Be prepared to share trip expenses and car pooling.
- Contact the trip coordinator by Wednesday prior to local events or, as stated in the trip schedule, earlier for extended trips or those requiring hut reservations.
- Choose trips that are within your current capabilities. See the [Trip Level Definitions](#).
You are responsible for your own safety at all times.