

Daring Adventures

SECTION: Programs

TOPIC: Hiking

REVIEWED: New

LAST REVISION: 11-28-2016

APPROVAL: Program Committee
11-28-2016

DATE:

1.0 PURPOSE:

- 1.1** To provide guidelines for conducting the hiking program in a safe and effective manner.

2.0 POLICIES:

- 2.1** Trip leader must carry a multiple day first aid kit, a copy of all participant and volunteer applications, and a cell phone with them on the hike.
- 2.2** In case of any incident/accident, the Incident/Accident policies and procedures must be followed at all times.
- 2.3** Trip leader, staff, and volunteers must be cognizant of the disability/medical condition of the participants.
- 2.4** In the event of severe weather the program leader should refer to and follow transportation policies and procedures and inclement weather policies and procedures.
- 2.5** Contact the Program Director once hike is finished.
- 2.6** Trip leader or a volunteer will remain with participants after the conclusion of the program until everyone has been picked up.

3.0 PROCEDURES:

Pre-Activity:

- 3.1** Research and select trails based on difficulty level and terrain.
- 3.2** Pick out trails for both tiers based on accessibility, difficulty and terrain.
- 3.3** Group size should be determined by any area regulations but should not exceed proper ratio (participants, staff and volunteers).
- 3.4** Properly fit participants with trekking poles, if needed.

Activity:

- 3.5** Teach and follow the Leave No Trace Principles and hiking etiquette.
- 3.6** Monitor the weather for the trip location before and during the trip.
- 3.7** Make sure that each participants have sunscreen, hat, snacks, and enough water in their packs before beginning hike.

- 3.8 Designate someone to be the lead hiker and someone to be sweep hiker. Each participant should be with a volunteer or in a group of hikers with a volunteer or staff. Try not to get too spread out. Lead hikers should stop until slower hikers catch up to ensure that there are no problems or issues with the slower groups.
- 3.9 Carry a map of the trail and provide copy to all of the volunteers.
- 3.10 Take time to share your knowledge of the area, nature, etc and encourage your volunteers to do the same while hiking and during rest stops

Mindfulness Hike

- 3.11 Give a introduction of mindfulness to participants describing the purpose and how to do it.
- 3.12 **Perform various mindfulness techniques during hike:**
 - 3.12.1 During Stretching, listen to the ramblings of your mind. Ask yourself these questions: What does your mind dwell upon? What are the contents of your thoughts? Are some feelings more prevalent than others? This is often a revelation since we often don't really take the time to listen to ourselves, let alone others or other natural things.
 - 3.12.2 Being Grounded: Stop your hike for a moment and stand still, feeling the ground with the bottom of your feet, your arms hanging loosely, your neck and head and face relaxed, your knees slightly bent, your breathing steady and normal, your eyes closed or softly focused ahead. This is the feeling being of grounded, literally. It is standing, and only standing, and knowing that we are standing.
 - 3.12.3 Object Meditation: During a break, open your eyes and focus your attention on a single object this could be a rock or plant. If your focus wavers and your mind wanders, come back to the object, using it as an anchor or object of meditation.
 - 3.12.4 Mindful Walking: Now continue your walk and focus your attention on each step as you move along. See how your weight shifts and moves to different parts of your feet. Observe the changes of pressure on your knees, and even the delicate bones of your ankles making their adjustments to help keep your balance. Be aware of your swinging arms and the movement of your head and neck.
 - 3.12.5 Mindful Breathing: Now stop for a moment, and pay attention to your breath. Ideally, we should breathe diaphragmatically. That is, when we breathe in, the belly expands, and when we exhale, the belly contracts. This assures that more air fills the lungs, pushing the diaphragm out and in.
 - 3.12.6 Five Senses:After breathing this way for a few minutes, open your eyes and be aware of your sense doors-those places where sights, sounds, smells, touch, taste enter the body. See if you can pick up as many sensations as possible.

Post-Trip:

- 3.13 All equipment/gear borrowed by the participants will be returned upon the completion of the event.

- 3.14** Conduct post-activity program log and activity recap.
- 3.15** Clean, maintain and properly store equipment.