

BLUE MOUNTAINS BRUCE TRAIL CLUB

HIKE RATING CRITERIA & HIKERS CHECK LIST

General Information:

1. Unless stated otherwise, all hikes meet in the parking lot behind Tim Horton's on First St. in Collingwood
2. Hikers should come prepared, having read the Hiker's Checklist below.
3. Hikers will be required to sign a waiver similar to that set out below prior to the start of the hike:

"I acknowledge that this activity of the Blue Mountains Bruce Trail Club in which I am participating involves risks which are beyond the control of the club. Notwithstanding the acknowledgment of such risks, I hereby release the Blue Mountains Bruce Trail Club, its contractors, employees, volunteers, agents, assigns and executors from all claims for damage however so arising as a result of my participation in this or any other activity organized by the club. I agree to pay the cost of any emergency evacuation of my person or belongings that may be necessary. I affirm that I am aware of the nature of the activity, its approximate length, duration and degree of difficulty and that I am properly equipped and physically able to participate. I have no medical or other condition which might preclude my participation. I agree to follow the directions of the leader."

Hike Rating Criteria.

Pace:

1. Leisurely - 3 km/hr. or less
2. Medium - 3 to 4 km/hr
3. Brisk - 4 to 5 km/hr
4. Fast - 5+ km/hr

Terrain:

1. Easy - Mostly flat and usually good footing.
2. Moderate - Some hills and/or some poor footing
3. Strenuous - Hilly with steep climbs and some poor footing

Hikers Check List

1. Check distance, pace and terrain of hike to ensure it is within your fitness level. Call the hike leader before the hike if you have any questions or concerns. If you have any health problems that could affect your hiking performance, inform the hike leader.
2. **Note:** If you have any known asthma, allergies or hay fever, carry antihistamines. Asthma sufferers should carry their asthma medications or inhalers and, in winter, always carry an inhaler. Allergy sufferers should carry an EpiPen(s) and ensure someone on the hike knows where you carry these. Diabetics should carry their medication.
3. Wear comfortable boots/shoes. Take a spare pair of shoes to change into at the end of the hike or carry plastic bags to protect the car from muddy boots and remember your car keys.
4. Have a backpack or waist pack to carry the following:
 - a. Cell Phone
 - b. Water or other beverages in screw top containers (extra in summer or on longer hikes)
 - c. Snacks (plus lunch if indicated in the hike write-up)
 - d. Plastic poncho/rain gear to conserve heat and provide seating and rain protection
 - e. Spare pair of socks and boot/shoelaces, duct tape, whistle, 2 aspirin, sunblock
 - f. **In winter:** Thermal blanket/space blanket, extra layer of clothing
 - g. **In other seasons:** Insect repellent