

ALPINE SPORTS CLUB INC.

Trip Leaders Guidelines

To : The Trip Leader

- Mobile phones should be carried . Ideally one of Vodafone and one of telecom. Contact 111 if someone is seriously injured and then phone Tours Officer, President or available committee members.
- PLBs should be carried on all trips excluding urban walks. The club owns four. Contact Murray Davidson Ph 5284504 to arrange. These should be activated in an emergency if out of cell phone range.
- When party members book in for a trip tell them it is their responsibility to ensure that they are fit for the trip, properly equipped (including personal first aid, warm and waterproof clothing, spare food and drink) and have told the leader of any medical problems.
- You may refuse anyone on health or unsuitability grounds and you also can limit the size of the party for safety reasons.
- Details of the trip and (in particular any changes to the advertised trip) plus a full list of names and phone numbers should be either left with a responsible person who can be readily contacted or emailed or posted to designated people...(tours@alpinesport.org.nz)
- A comprehensive first aid kit must be carried and on longer trips an emergency shelter. It is recommended that each member includes an emergency blanket and/or a survival bag with their personal first aid kit.
- The party must travel together with an experienced person at the front and at the rear. A general rule is a trumper should be able to see the person in front and the one behind.
- Fill in your intentions in the hut track books.
- On longer trips you should give all members a list of maps and a description of the route well in advance.
- If the party is overdue family members should be asked to contact a committee member. If necessary the Club will contact the police.

On Behalf of the Tours Committee