

# Best Practices for Participants

## HALTON OUTDOOR CLUB “Active & Energized Together Outdoors”

**PURPOSE:** To create and sustain a community of members with year-round, healthy, outdoor activities, where everyone is encouraged to participate, volunteer, learn and grow. A place where friendships are made and people feel safe, included, and energized.

### BACKGROUND

Best Practices require the acceptance of responsibility on the part of both participants and leaders. Best Practices have been developed based on the two key fundamentals of **safety** and **enjoyment**, with safety being the priority.

**Safety:** The following actions are inherent in ensuring the safety of all participants

- Due diligence – the care and planning that a person exercises to avoid harm to other persons or their property. (doing your homework and being prepared)
- Duty of care - avoiding acts or omissions that could cause harm to others.

**Enjoyment:** Enjoyment is maximized when all participants understand, accept, and follow the parameters and guidelines specified for the activity.

### BEST PRACTICES FOR PARTICIPANTS - ALL ACTIVITIES/SPORTS

- Be familiar with the instructions and expectations made available to you prior to the event
- Arrive at the event 10 -15 minutes prior to the start time
- Arrive at the event appropriately dressed and equipped for the conditions, allowing you to safely carry out the activity
- Carry enough water to stay hydrated throughout the activity and enough food to sustain your energy level
- Follow guidelines presented by the Club and the trip leaders for your specific activity
- If a participant leaves the group before the completion of the activity, they are to notify the leader. The leader is no longer responsible for a participant’s wellbeing if that person leaves the group
- Save opportunities to consume alcohol until after the activity is completed (\*see exception for xc ski/snowshoe)
- Practice due diligence and duty of care at all times

## **SPECIFIC BEST PRACTICES FOR PARTICIPANTS**

### ***Hiking***

- Wear appropriate footwear on all HOC hiking trips. Hiking boots are recommended where terrain is specified to be anything other than 'easy'.
- Hike between the leader and the sweep

### ***Cycling***

- Wear a helmet on all HOC cycling trips
- Cycle between the leader and the sweep
- Bicycles should be well maintained and in good repair
- Carry a spare tire and repair tools

### ***Paddling***

- Wear an approved personal flotation device (PFD) during all paddling activities
- Dress appropriately for the weather and water temperature
- Paddle between the leader, the sweep, and other assistants
- Prior to the event, successfully have completed a wet exit and a rescue.  
Beginners without training are allowed to participate only when the activity is a commercially guided event offered by an outfitter

### ***Skiing and Snowshoeing***

- Be aware of bus departure times and be on the bus 10 minutes prior
- Since skiing /snowshoeing are not set up specifically as guided activities, participants are free to leave the group or to be on their own. However, it is recommended but not mandatory that participants ski /snowshoe with a buddy
- \*Participants are free to have an alcoholic beverage, as dictated by the resort/facility.