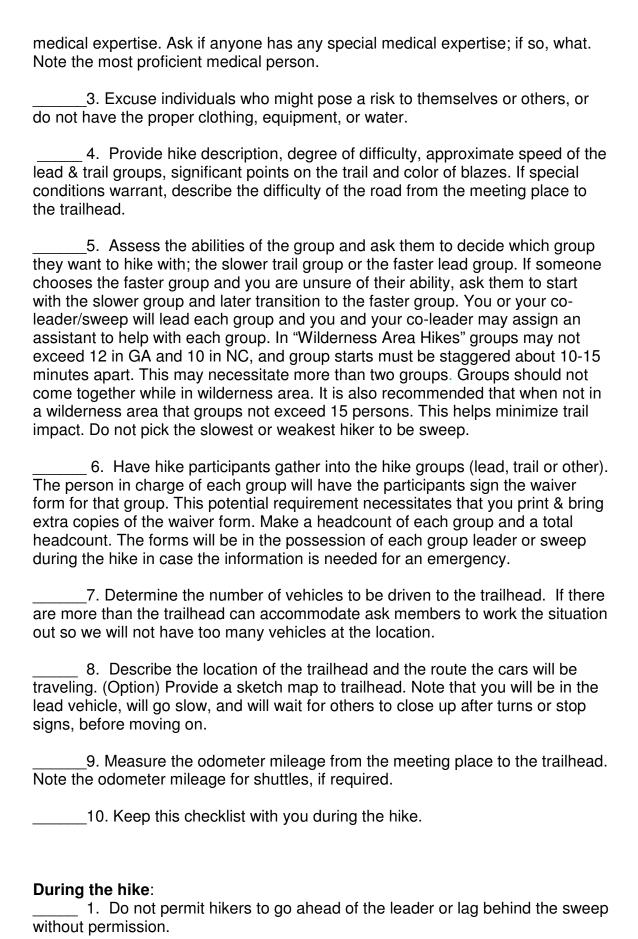
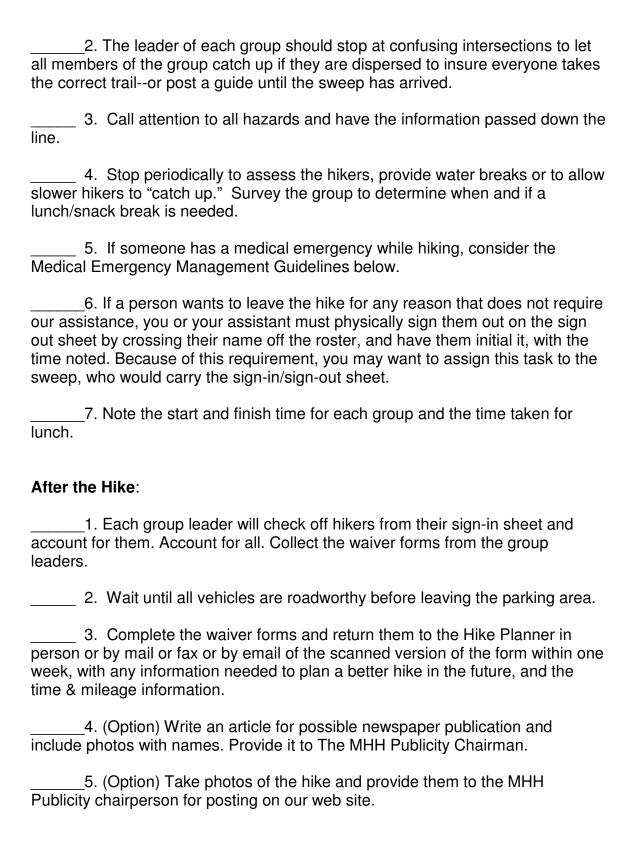
## Hike Leader Guidelines & Checklist

Location:	Date:	
Co-Leader(s):	<del></del>	
Sweep(s):		
Before Hike Day:		
1. Obtain a r	map of the hike area.	
scout it in advance.	liar with the trail or if you are concerned about trail condition. An alternate trail may be selected if the scheduled trail is the same meeting place.	
3. If unable planner.	to lead the hike, find a substitute leader and notify the hik	e
Determine if they ar	guest hikers that call for permission to join the hike. e capable before you give them permission to join. Ask the Guidelines for Members/Guests on our web site.	em
	e nearest and/or best emergency access routes along the mine if cell phone coverage is available from your carrier	
i.e. whistle, walkie ta	e the communication method needed to manage your hike alkie, runner, cell phone, etc. If you decide to use special are operational (test them) and insure your co-leader/sweethem.	
	ledical Emergency Management Guidelines (see below) to omeone has a medical emergency.	0
Hike Day:		
(i.e. excessive snow rainfall/lightning prethe following: your heresident. (Option)	he hike if extreme weather conditions exist or are forecast and/or ice, temperatures predicted to be very cold, or he dicted throughout the day.) If you cancel, notify at least or nike planner, Chairman, Hike Planning, or MHH Club In borderline cases it would be a courtesy to be at the ovide cancellation information to any that show up.	avy
welcome. Provide a	e first time hikers & guests to the group and make them feet reminder to all that they should have their own first aid now to use them, as leaders have no group supplies or	el





## MHH Medical Emergency Management Guidelines for Hike Leaders

The hope is you will not need to use these guidelines, but having reviewed and being ready to implement them will save time and make your response more efficient and effective in an emergency. These guidelines are not a substitute for good judgment or a better alternate plan.

A part of the before hike briefing is to "Ask if anyone has any special medical expertise; if so, what. Note the most proficient medical person."

If a medical emergency occurs, consider taking the following actions:

Assign (if that person will volunteer) the most proficient medical person (Physician, EMT, Nurse, First Aid Training, CPR training, etc.) to the immediate medical care of the individual. If you are this person, assign your remaining hike leader duties to another person whom you believe is most qualified to handle the situation. The medical person should canvas the group for any medical supplies needed from the individual's first aid kits. If the victim is conscious, ask them if they want your help, if so, proceed. If not, ask them what they want and respect their wishes. If the victim is unconscious, consent to help is implied. Remember to only provide care that is within the scope of your medical expertise and do no harm.

The Hike Leaders job is to keep the group calm, organized and to provide leadership. Try to keep people occupied and away from the emergency site. Give them something to do.

If the medical person judges that outside assistance is required, call 911, if you can get a connection on a cell phone. Try cell phones that represent different carriers as they have different capabilities. Give the 911 operator your location and the medical information.

If no one can get a connection, select a hiker or hikers to volunteer to hike to a location that may provide a connection. They should take several cell phones that represent different carriers and hike toward the nearest trailhead and seek high ground along the way for a connection.

Once the medical response crew arrives, provide assistance, if requested, to speed the evacuation.

Write a report of the facts (stick to the facts and do not make judgments) of the situation and provide it to the President, MHH, not later than the next day.