

Angora Hiking Club

Walking and Safety Guidelines for Hikers

These guidelines are to ensure that our hikes run smoothly and are safe for all of us. We do a variety of hikes – some easy, some difficult, some short, some long. In order to make sure you know what to expect in terms of difficulty, we adapted the rating system developed by the American Volkssport Association. Note that this is a two-part rating – numerical for incline/elevation and a letter for terrain. **A trail rating system is a safety issue since an improperly/underrated event could have serious consequences for someone who is not physically prepared for more strenuous route conditions.**

Part 1-INCLINE/ELEVATION		Part 2-TERRAIN	
1	Very small hills or very little stair climbing Wheelchair compatible	A	Almost entirely on pavement
2	Some moderate hills and stair climbing	B	Significant part of route on well-groomed trails with few obstacles
3	Some significant hills or stair climbing	C	Significant part of route on somewhat difficult terrain (rocky/rooted paths or soft sand, narrow trails, steep drop-offs)
4	Lots of significant hills or stair climbing	D	Significant part of route on difficult terrain
5	Many steep hills; significant elevation gain	E	Majority of route on difficult terrain

Examples

A route that is mostly on flat pavement would be rated 1A

A beach walk would be rated 1C

A route with moderate hills on well-groomed trails would be rated 2B

- 1) Carefully review the difficulty of the hike before deciding to go on it. Be realistic about your fitness level; don't overestimate. Age may affect your physical abilities.
- 2) The hike leader has the authority to deny a hiker's participation on the basis of insufficient conditioning and preparation for the rigors of a particular hike as well as observation of this person on previous hikes.
- 3) RSVP to the hike leader.
- 4) Bring the required walk necessities specified in the hike description such as plenty of water, snacks, suitable clothing, walking sticks, cell phone, etc.

- 5) Be at the start point on time...if not, you'll be left behind.
- 6) Sign the registration sheet. Put the hike leader's cell phone number into your phone.
- 7) If carpooling, reimburse the driver for fuel.

- 8) On the trail:
 - a. Stay together and with your group. Stay in sight of the person both in front and behind you.
 - b. Stay behind the leader. Do not pass the leader or wander off on your own. If you need assistance, call the hike leader on your cellphone.
 - c. Drink water regularly.
 - d. Walk to the right, pass to the left. Uphill hikers have right-of-way. Allow faster hikers to pass.
 - e. Leave no trace; take out what you take in.
 - f. Put mobile phones on 'airplane' mode to conserve batteries.
 - g. Pets are not allowed on Angora hikes.

- 9) You must return in the same car in which you carpoled unless you made prior arrangements with your driver and the hike leader.

If we follow these guidelines, we'll be safer and have a great time on the trail.