

## OLLI Hiking SIG - GUIDELINES for HIKE LEADERS

THANK YOU so much for volunteering to lead hikes at OLLI. We are delighted to have you as part of the team. Your willingness and availability to lead hikes is the essence of the SIG, for without you there would be no special interest group at all.

### General Information:

- You may choose any location, day and time for hikes.
- Please be familiar with any hike you lead.
- Please schedule your hikes at least 3 days in advance
- Sorry, no guests or pets
- All hikers must pre-register, no walk-ons please.
- Schedule at least 2 hikes per year.
- The Carolina Mountain Club has excellent suggestions for leaders [CLICK HERE:](#)

[CMC Hike Leader Guidelines \(carolinamountainclub.org\)](http://carolinamountainclub.org)

### To Become a Leader:

- Check the box labeled “I'm interested in leading hikes” when you join the SIG or later by editing your profile (click on your name in the upper right-hand corner of the page)
- Complete a short form indicating your experience with hiking.
- Your request to be a leader will be reviewed and you will be notified within 48 hours.
- When you log in after this point, you will have access to the hike leader section of the website.
- We offer a mentoring and support network for those hikers who would like to be a leader. Please contact Kathy Gainey at [kathleen.m.gainey@outlook.com](mailto:kathleen.m.gainey@outlook.com)

### Proposing Hikes:

- Login and Click “Propose a Hike”
- Complete the datasheet with as much detail as possible. Count yourself in the mix when indicating a maximum number. Please provide a physical address for the meet up point. Click submit.

### Hike Levels:

- Level 1: Half day, < 4 miles and <700 feet elevation, little technical difficulty
  - Should be able to walk 3 miles on uneven terrain
- Level 2: Half day, < 5 miles and < 1000 feet elevation, some technical difficulty

- Previous hiking experience and able to walk 3-4 miles
- Level 3: Full day, 5-7 miles and < 1500 elevation, moderate technical difficulty
  - Previous hiking experience, walk >4 miles and up to 1000 feet elevation

#### Before the Hike:

- Field individual hiker questions
- Be attentive to folks coming off the wait list. You will be copied when a hiker moves to active. Last minute changes can be challenging.
- Should you wish to send an email to hikers 2 days in advance, there may still be hikers who come off the wait list last minute who need to be contacted.

#### At the Hike:

- Take attendance (paper or electronic)
- Assign a sweep, arrange car pool, remind hikers of reimbursement
- Please bring basic first aid supplies, a map or GPS
- It is suggested that you bring written directions and your cell phone number for drivers in case the caravan gets separated.

#### After the Hike:

- Log in and enter attendance and feedback.
- Review hiker feedback

#### Cancelling Hikes

- You may cancel any scheduled hike. Log in to the website and click the Cancel button to the right of the hike name. Please give at least a 2 hour notice. All registered attendees will be notified.

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