# 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 1 week in advance
- Sorry, no guests or pets

#### 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.
- If you would like your photo to be visible next to your hikes, please send a headshot to <a href="mailto:ollihikingsig@gmail.com">ollihikingsig@gmail.com</a>.

  This can be helpful when folks arrive for a hike to know who you are.

# **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 limit . After completing the form click on Review, then double-check your work and submit your request.
- Your request will be routed to the SIG Scheduler and you will be notified when approved.
- If necessary, you can make changes to the hike after approval but clicking on the Edit button next to the hike title from your hike list.

# Hike Levels

- Level 1: Half day, < 4 miles and <700 feet elevation, little technical difficulty
  - o 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

### At the Hike:

- Take attendance (paper or electronic)
- Assign a sweep, arrange car pool, suggest driver reimbursement as appropriate
- Please bring basic first aid supplies, a map or GPS

## After the Hike:

Log in and enter attendance and 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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