



Cayuga Trails Club, Inc.

cayugatrailsclub.org

Hike/Trail Work Location: _____

WLL#: _____ Work Party: _____ Other Hike: _____ Total members: _____ Total guests _____

Date: _____ Leader: _____

ALL HIKERS/WORKERS PARTICIPATE AT THEIR OWN RISK - Please read the statement below

Those persons enjoying the Finger Lakes Trail (FLT) and/or activities sponsored by the Finger Lakes Trail Conference (FLTC) or any clubs conducting activities on behalf of, or in support of the FLTC, accept full personal responsibility for their own well being, or, for the well being of a minor when acting in the capacity of parent or guardian. Further, users of the Finger Lakes Trail accept and understand that hiking is a rigorous activity often conducted in rugged outdoor conditions subject to variations in weather and terrain conditions which may involve the risk of injury or death, and, that we are fully responsible for our own safety and selecting activities that are consistent with our physical capabilities.

Name	Address and/or Email	CTC Member?	Send membership information
1. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
5. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
6. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
7. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
8. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
9. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
10. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
11. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
12. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
13. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
14. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
15. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
16. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
17. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
18. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
19. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
20. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>

Mail completed form to: Cayuga Trails Club, P.O. Box 754, Ithaca NY 14851

Send an email summary: HikeReport@cayugatrailsclub.org with number of participants, location, date.



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**Hike and trail work session leaders:
Please read this policy to drivers and riders before the event.**

Policy Regarding Transportation for Cayuga Trails Club-Sponsored Hikes, Trail Work Sessions, and Other Activities

This policy refers to times when hikers, trail workers, and others require two or more vehicles to shuttle them to and from the beginning and end of the hike or the work site.

1. Drivers are volunteers and are not employed by the Cayuga Trails Club. Each driver is expected to be insured as required by law.
2. The transport vehicle is expected to have a current registration and a current state safety inspection.
3. All drivers are required to obey all New York State vehicle and traffic laws.
4. All drivers and riders must be provided with a seat and seatbelt in the cab of the vehicle. Riders are NOT to ride in the back of a pick-up truck, station wagon, or SUV.
5. Riders may contribute to the driver's expenses but must not be charged a fee for the service.

Expectations and Guidelines for Hike Leaders

Coordinate the date, time and location of the hike with the club's hike organizers.

Submit a brief written description of the hike explaining approximately how long it is in miles or time, expected pace (leisurely, moderate, brisk), expected terrain (such as generally flat, rolling, several steep grades, etc.), any required equipment (cross country skis, snowshoes), and any other special features people need to know or that could interest would be hikers. Your phone number and email will be included in our publicity so people can ask questions.

Prior to leading the hike, walk the planned route to get familiar with the trail and its current conditions.

A well prepared hike leader, and hiker, will often carry many or all of the following supplies: watch, pen, trail map, water, snacks, minimal first aid kit, jackknife, Kleenex, flashlight, compass, whistle, and bug repellent. A cell phone can also be useful.

Arrive about 15 minutes prior to the scheduled time. Have everyone sign the attendance sheet. Explain a little about our club to newcomers, including membership, web site, and any future club events. Explain the anticipated pace; make adjustments, if needed, based on the group's size, experience and preferences.

Decide when or where the group will stop for a break if one is needed.

Establish the best way to keep track of the group's tail, making sure no one gets left behind or goes off in the wrong direction. For instance, ask each hiker to keep the person behind them in their view. Or, ask someone familiar with the trail to act as "sweep" to bring up the rear of the group. People can take turns being sweep, and sometimes the leader and the sweep will trade places. The sweep should also have a whistle.

The larger the group, such as 12 or more, be prepared for a natural break into two groups for fast and slower paces, each with a leader and sweep.

If the hike involves carpooling, read our carpooling policy out loud. To make sure there are enough vehicles for the return trip, perhaps each driver should take no more than one passenger to the first location (usually the end of the hike), so the group can be divided in half again to get to the second location (usually the beginning of the hike). All drivers must have the ability to wait a few minutes upon the conclusion of their hike to make sure that all hikers have a ride to their cars.

During the hike, stop from time to time and take a head count.

At the end of the hike, be sure each person who started is accounted for.

When the hike is over, submit the attendance sheet and a brief report, including the number of members and guests that hiked, and a description of what happened on the hike.

Adopted by the Executive Board of the Cayuga Trails Club—August 7, 2007.

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