#### **NAVIGATION SKILLS**

• Effectively navigates trail route with map and compass or other tool to 'stay found' e.g. GPS

#### FIRST AID AND EMERGENCY PREPAREDNESS

- Ability to cope with common first aid situations likely to be experienced on a hike (cramps, cuts, bruises, sprains, strains, bee stings, snake bite, exhaustion, falls, fractures).
- Know the '7 steps of Emergency Response' or an equivalent **Emergency Management Process.**
- Exhibit a good understanding of how to handle emergency situations, such as late return, after dark off route situations, lost hiker.
- Demonstrate problem-solving and leadership skills relating to medical emergencies.
- Show a good understanding of the trails' seasonal hazards or unexpected weather and trail conditions, and how to assess the level of risk.
- Shows good understanding of methods to prevent, mitigate or manage major risks.
- Knows how and when to communicate /summon assistance from external agencies.

# **KNOWLEDGE OF STANDARDS AND POLICIES**

- Familiar with applicable standards and procedures.
- Know incident reporting requirements.
- Familiar with maximum group size, capacity of hike destination, special site requirements, and other general regulations.



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HATT-Hiking Association of Trinidad and Tobago





# COMMUNICATION **EQUIPMENT**

Cellphone, Radio, Satellite Phone



# **NAVIGATION**

Maps, GPS

**COMPASS AND MIRROR** 



# CUTLASS, ROPE, WHISTLE



### LIGHT

Head lamp, Flash light



# **EMERGENCY SUPPLIES**

Tent, Sleeping Bag, Hammock, Nylon Bag, Plastic Bags



# **FIRE**

Matches, Lighter, Flint



# SUN **PROTECTION**

Sun Glasses, Sun Screen, Cap

# **HYDRATION**

Water



# **FIRST AID SUPPLIES**



# INSECT **REPELLENT**



# **REPAIR KIT**

Tools – duct tape, leatherman, utility knife



# INSULATION

Change of clothing

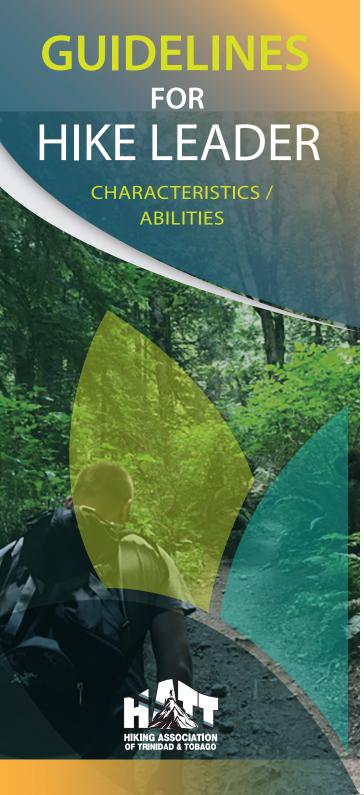
**SNAKE GAITER** 



# **NUTRITION**

Snack, Drink

Salt or Salt prunes, Muscle rub



# **HIKE LEADER**

someone who is familiar with the trail and who applies safety, best practice, local knowledge and ability to lead a group on a successful enjoyable hike.

# To be a

# Hike Leader one should:

- Demonstrate good physical fitness and the ability to move confidently and efficiently on outdoor trails of differing terrain.
- Present a positive and commanding attitude on safety when leading a group.
- Demonstrate knowledge of the route and a high standard of leadership.
- Communicate effectively with regard to hiker safety, comfort and enjoyment.
- Demonstrate a respect and care for the environment, its flora and fauna.
- Have a proper standard of equipment as required for the hike.
- Demonstrate a high level of hiking competence and experience (having completed a minimum number of eight (8) hikes per year in the past (2) years.

# Hike Leading Skills - (Training Modules)

#### FIRST AID

(be a graduate of a certified program offered by a recognized body such as Red Cross)

NATURAL LEADERSHIP AND CARE Leadership / Trail Guiding

# **ENVIRONMENTAL APPRECIATION**

Knowledge of the trails, flora and fauna

# HIKE PLANNING

Risk Management and Incident Prevention

# **RISK ASSESSMENT**

Natural Hazard / Survival Awareness

Wilderness Training – Outdoor techniques



# Hike Leader **QUALIFICATION**

Hiking club must have a documented and transparent process by which a person can qualify as a Hike Leader.

#### Recommended Procedure

- Omplete an Application form.
- Other relevant Qualification / Certificates.
- Training , first-aid, wilderness, 'staying found'.\*

- Attendance at a Hike Leader Seminar Overview of HATT minimum standards and other key leader expectations and criteria.
- 🚫 Interview by hiking peers to validate knowledge.
- Participate in a mentored hike to validate skills.
- A Combination of the above.

\* 'Staying Found' is an internationally recognized concept which refers to a set of tactics, a series of checks-and-balances that help keep us safe and aware from the moment we step outdoors.



# **HATT HIKING CLUB**

must verify that prospective leaders are competent in the key elements.

A Hike Leader must demonstrate basic competencies in each of the following key elements: Group Leadership, Technical Skills, Navigation Skills, First Aid and Emergency Preparedness, Hiking Standards and Policies.

Expected competences in key elements include:

### **GROUP LEADERSHIP**

- Planning and organization;
- Screening of participants;
- Clear and effective communication with hikers;
- Ensuring that all hikers are accounted for periodically and at the end of the hike;
- Respectful, caring and considerate;
- Sound judgement and decision making skills;
- Establishes trust from and among hikers;
- Focuses on the well-being of the group and success of the hike;
- Adaptable to changing conditions;
- Teaches and also learns from others.

#### **TECHNICAL SKILLS**

- Experience and physical abilities commensurate with the hike being led;
- Practices minimum impact procedures / the 'Leave No Trace' 7 Principles;
- Practices good trail etiquette; (See Hiking Etiquette)
- Knowledge and use of the 10 Essentials (Plus) itemized later in this document.