

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



HIKE LEADER EQUIPMENT LIST

 <p>COMMUNICATION EQUIPMENT Cellphone, Radio, Satellite Phone</p>	 <p>NAVIGATION Maps, GPS</p> <p>COMPASS AND MIRROR</p>
 <p>CUTLASS, ROPE, WHISTLE</p>  <p>LIGHT Head lamp, Flash light</p>	 <p>EMERGENCY SUPPLIES Tent, Sleeping Bag, Hammock, Nylon Bag, Plastic Bags</p>
 <p>FIRE Matches, Lighter, Flint</p>	 <p>SUN PROTECTION Sun Glasses, Sun Screen, Cap</p> <p>HYDRATION Water</p>
 <p>FIRST AID SUPPLIES</p>  <p>INSECT REPELLENT</p>	 <p>REPAIR KIT Tools – duct tape, leatherman, utility knife</p>
 <p>INSULATION Change of clothing</p> <p>SNAKE GAITER</p>	 <p>NUTRITION Snack, Drink Salt or Salt prunes, Muscle rub</p>

GUIDELINES FOR HIKE LEADER

CHARACTERISTICS / ABILITIES



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)

ENVIRONMENTAL APPRECIATION

Knowledge of the trails, flora and fauna

HIKE PLANNING

Risk Management and Incident Prevention

NATURAL LEADERSHIP AND CARE

Leadership / Trail Guiding

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:

- ✔ Complete 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.