

Hiking and Backpacking Standards

Day trips suggested for Grades K –12

Extended trips with overnight camping suggested for Grades 4 – 12

Equipment	Instruction	Supervision
<p>For comprehensive outdoor education equipment lists please refer to the <i>Yukon Outdoor Education Resource Book</i> available though the Resource Centre #RB0536Y.</p> <p>For all hikes each participant must have:</p> <ul style="list-style-type: none"> • Aggressive soled, solid and broken-in shoes/boots, • Sun protection, • Whistle or other signaling device, and • Any necessary medication. <p>In addition, for hikes that are greater than 2hrs. All participants must have:</p> <ul style="list-style-type: none"> • Water bottle(s). <p>In addition for extended trips with overnight camping all participants must have:</p> <ul style="list-style-type: none"> • Waterproofing method for essential items (sleeping bag, change of clothes, 	<ul style="list-style-type: none"> • Length and difficulty of trip must be commensurate with age and ability of students. • Teacher should postpone trip if there is indication of threatening weather that could put student safety at risk. • Attention should be given to: <ul style="list-style-type: none"> – Temperature of the day, – Length of time in sun, – Previous training, and – Length of preparation. <p>Prior to any hiking activities students should receive instruction regarding:</p> <ul style="list-style-type: none"> • How to recognize and treat hypothermia/hyperthermia and dehydration, • Foot care, • Proper clothing, • Fire safety, • Bear safety, • Minimal impact hiking methods, and • Hiking safety rules (see below). 	<ul style="list-style-type: none"> • At least two leaders must have current first-aid certificates (see <i>Outdoor Education-General Standards/Guidelines</i> for first-aid requirements). • For extended hikes into mountainous areas at least two leaders must be familiar with mountain rescue techniques, avalanche safety and emergency evacuation. • Recommended Leader:Student ratios. Grades 4-9 1:6 (min. 3 leaders) Grades 10-12 1:8 (min. 2 leaders) • Duties of leaders should be clearly outlined by the teacher. • A leader should be assigned to the front and back of each group. • The front and back of the group should be within whistle contact at all times. • Designate regular rendezvous check sites. • Hiking pace should be adjusted to accommodate the least able participants.

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<p>medication etc.),</p> <ul style="list-style-type: none"> • A compass with thorough knowledge of its use, • Comfortable “campsite” shoes with light treads, and • Extra socks (2 pair). • See General Guidelines for full list of equipment required. <p>For all hikes group equipment must include:</p> <ul style="list-style-type: none"> • Map of route (If hike originates from base camp, leave a copy of the map at base camp), and • First aid kit (including moleskin). <p>In addition for all hikes that are greater than 2 hrs group equipment must include:</p> <ul style="list-style-type: none"> • Adequate and safe water supply, • Repair Kit for backpacks, • Bear spray – leader use only (Minimum number as per leader/student ratios in the Supervision section), and • Matches, stored and waterproofed in 3 different locations. • Communication Equipment (Satellite, radio or or cell phone or other system) as appropriate. 	<ul style="list-style-type: none"> • Drinking water safety and sanitation (e.g. how to treat water for Giardia, etc.) <p>For overnight trips, students must receive instruction in:</p> <ul style="list-style-type: none"> • Navigation, map reading, route selection, use of a compass <p>Prior to the hiking trip students must demonstrate:</p> <ul style="list-style-type: none"> • Their familiarity with the route, • Fitness level adequate for the planned hike, • Their awareness of emergency procedures and signal to assemble, and • Knowledge of the hiking rules outlined below. • How to properly fit and load a pack <p>Hiking rules:</p> <ul style="list-style-type: none"> • All students must stay with their group at all times, • Use a buddy system, • Stay on existing trails, and • Do not travel in darkness except in emergency situations. 	<ul style="list-style-type: none"> • Designate an adult to accompany an injured student to hospital. This must not be the “in charge” leader. • Where appropriate alert First Nations, Wardens, Rangers, and/or other officials that your group is in the area and for how long.