# Hiking and Backpacking Standards

Day trips suggested for Grades K – 12  
Extended trips with overnight camping suggested for Grades 4 – 12

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| For comprehensive outdoor education equipment lists please refer to the Yukon Outdoor Education Resource Book available through the Resource Centre #RB0536Y. | • 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:  
  – Temperature of the day,  
  – Length of time in sun,  
  – Previous training, and  
  – Length of preparation. | • At least two leaders must have current first-aid certificates (see *Outdoor Education-General Standards/Guidelines* 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. |
| For all hikes each participant must have:  
  • Aggressive soled, solid and broken-in shoes/boots,  
  • Sun protection,  
  • Whistle or other signaling device, and  
  • Any necessary medication. | *Prior to any hiking activities students should receive instruction regarding:*  
• 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). | |
| In addition, for hikes that are greater than 2hrs. All participants must have:  
  • Water bottle(s). | | |
| In addition for extended trips with overnight camping all participants must have:  
  • Waterproofing method for essential items (sleeping bag, change of clothes, | | |

Appendix 17 – Off-Site Experiential Learning Policy
### Equipment
- 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.

**For all hikes group equipment must include:**
- Map of route (If hike originates from base camp, leave a copy of the map at base camp), and
- First aid kit (including moleskin).

**In addition for all hikes that are greater than 2 hrs group equipment must include:**
- 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 cell phone or other system) as appropriate.

### Instruction
- Drinking water safety and sanitation (e.g. how to treat water for Giardia, etc.)

**For overnight trips, students must receive instruction in:**
- Navigation, map reading, route selection, use of a compass

**Prior to the hiking trip students must demonstrate:**
- 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

**Hiking rules:**
- 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.

### Supervision
- 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.